

Hammersmith

CHRONICLE

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PAGES 12&13



Londoners with a sweet tooth were licking their lips last week as *The Chocolate Show* arrived in Hammersmith and Fulham

REPORT, PAGE 5

Come dine with us!

Borough to benefit from exodus of top restaurants from central London

BY JACK DIXON
jack@londonweeklynews.co.uk

HAMMERSMITH and Fulham could be in line for a fine dining boom as rocketing rents force top restaurants out of central London.

Industry experts believe the borough may benefit from the squeeze on trade as restaurant owners flee Westminster in search of cheaper property.

A shock report on eating out in central London forecasted "catastrophe" for the industry and warned of "potential ruin" for established businesses.

It said as many as nine out of 10 restaurants in the heart of the city were at risk of going bust due to spiralling rents. But the report also hinted that inner London boroughs like Hammersmith and Fulham

could become the capital's new dining hotspots.

More than half of restaurant owners – 57 per cent – said they would move out of central London to a cheaper area if rent trends continued.

Four out of 10 struggling businesses said they would be forced to shut up shop altogether.

The report by property specialists Cedar Dean predicted that Westminster would become a wasteland for eating out unless sky-high rents were drastically reduced.

"Restaurateurs are being squeezed by rocketing rents," said Cedar Dean chief executive David Abramson. "Rents paid in prime central London are rising at rates far beyond inflation. Rents in the W1 and WC2 postcodes have more

than doubled in the past year. We have reached a tipping point with restaurants now spending more than they can afford on rent.

"If the rate of growth does not slow, we forecast that operators will be paying an average of 20 per cent of turnover in rent by 2021."

Only 13 per cent of restaurants polled by Cedar Dean said they were confident of carrying on with business as usual if rent trends continued as forecast.

The remaining 87 per cent said they would change their business model, shut up shop or look for a cheaper location.

Rents in desirable Mayfair have risen by around 400 per cent in the last year, from £150 to £600 per square foot for a zone A property, Mr Abramson said.

Renowned restaurants such as

the Topkapi in Marylebone have already sold up while established businesses like the Kowloon Bakery in Chinatown were considering a similar course of action, he added.

The report partly blamed so-called "supertrader" restaurants – huge fast food chains such as Five Guys and Shake Shack – for the massive rent rises.

But Luke Johnson, the former head of Pizza Express who is now chairman of Patisserie Valerie, condemned landlords for hiking up rents.

"Rents are currently exorbitant. Landlords have become much more ruthless," he said.

"The way that rents are decided and the entire system of upwards-only rent reviews is heavily biased against operators."

Bid to boost business

BUSINESS leaders in Fulham are to consider forming a traders' association to draw shoppers into the area.

Restaurants, pubs, hotels and banks have already expressed an interest in working together to boost business. Local firms are taking steps to set up a business improvement district – a committee of elected traders that would raise money to reinvest in improvements to the high street.

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Children are top class

SCHOOL children in Hammersmith and Fulham have performed above the national average once again, with the latest results ranking pupils among the country's highest achievers.

Tough new tests were introduced for primary school children aged seven to 11 this year – but the borough's clever youngsters delivered an impressive set of results.

PAGE 3



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**Elbow will perform at the Eventim Apollo in
Hammersmith in March SEE PAGE 14**

Having a second language 'will future-proof a child's skills set'

BY JACK DIXON

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ENCOURAGING creativity. Inspiring critical thinking. Nurturing a healthy cultural awareness.

All things we would regard as important when raising our children. But a pioneering London teacher says we may be missing a trick when it comes to giving our kids the best possible start in life.

Stella Bataille, 51, founder and director of French-language organisation Club Petit Pierrot, believes London parents need to brush up on their speaking skills. She is on a personal mission to encourage mothers and fathers across the capital to learn a second language – a key step, she says, towards inspiring youngsters to engage with the world around them.

“Raising children that are able to function as well-rounded adults in diverse environments should be a priority for us all,” she says. “The ability to communicate in a language secondary to our mother tongue is one of the greatest gifts a parents can give their child. It’s a way of future-proofing their skill set – and the benefits cannot be underestimated.”

Mrs Bataille, of Fulham, and her team at the children’s group Club Petit Pierrot use an “immersive” teaching method to help toddlers develop language skills from a young age.

Groups are up and running in Chelsea, Notting Hill, Putney and Maida Vale, as well as St John’s Wood and Hampstead.

Over the years Mrs Bataille’s programmes have evolved and become increasingly innovative, using a range of activities designed to enhance linguistic development in youngsters aged eight months to eight years.

Mrs Bataille has written and recorded songs and rhymes for children to learn French. She hopes to develop more educational tools in the future.

She has also coached French


Stella Bataille applies the “immersive” approach to teaching language skills

nannies and parents so that they can apply the immersion method to everyday life.

“Many of our children stay with us for several years and emerge with new confidence,” says Mrs Bataille, who moved to

London from France in 1989. She worked as a teacher at Fulham preparatory school L’Ecole des Petits for three years.

But faced with a classroom full of children with no knowledge of French whatsoever, she

developed her own technique tailored to helping struggling kids pick up the language.

Realising there were no such lessons for children of a very young age in London and having achieved excellent results, she decided to create her own educational programme, which is now offered to thousands of children across the capital. The first classes included just a handful of children – but they grew quickly, mainly by word of mouth.

Today Mrs Bataille and her team teach French to children across seven London boroughs. She chooses the members of her team carefully, always looking for motivated and creative teachers, experienced in working with children, who passionately enjoy teaching French and sharing their culture. And she believes the collaboration with her dedicated team is fundamental to delivering the best lessons possible.

She says: “It’s incredibly satisfying knowing we are helping equip children with a skill which will enhance their life.”

Contacting your council

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Traffic jams cost us £15m

LONDON'S worsening traffic jams are costing £15 million a day in lost business, according to Transport for London estimates.

The GLA's Transport Committee was warned last week that journeys are taking longer, vehicles are going slower and the impact of 26 million journeys made every day in the capital is worsening the pollution which already kills around 10,000 Londoners every year.

"London's roads have been getting steadily busier and more congested for at least the last two years. Traffic speeds are falling and journey times are getting longer, bringing an economic cost to London and increasing pollution. All parts of London's road network – central, inner and outer London – are considered to be congested," said a GLA spokesman.

Key measures indicating rising congestion include:

- A reduction in traffic speed. On London's A-roads, the average 30 mph-limit speed fell from 16.3mph in July 2013 to 14.8mph in July 2015
- Excess waiting times for buses have increased from an average of one minute in 2013/14 to 1.2 minutes in 2015/16.
- Journey time reliability on the major roads has fallen from 89 per cent in 2013/14 to 87 per cent in 2015/16.

"After a long period of stability, traffic volumes have increased in all areas of London. There has been 'unprecedented' construction work affecting London's roads - and road space has also been reallocated away from private cars in favour of buses, taxis and cycles," said the spokesman.

In 2014/15, central London traffic experienced a total annual delay of 4.9 million minutes per kilometre of road. TfL has estimated that the total annual cost of vehicle delays on the road network is £5.5 billion – or £15,068,493 per day.

Armed forces support role

WESTMINSTER City Council has been awarded funds to help improve Armed Forces mental health training and improve wider community awareness in central London.

The funding, from the Government's Community Covenant Fund, will provide for a member of staff with the knowledge and expertise to champion health and wellbeing amongst serving personnel and veterans as well as in support of their families in the borough.

It will mean a programme of mental health first aid training being provided to relevant front-line staff in the Council, and in partner organisations in Westminster.

Councillor Rachael Robathan, Westminster Armed Forces Champion said: "Men and women who serve in our Armed Forces often face unique risks and pressures while they are abroad and away from their families.

"It is only when they are home that issues such as Post Traumatic Stress Disorder and depression become apparent. So it is important for the council to repay in kind those who protect us by providing them support and access to our services and facilities."



TICKETS for the New Year's Eve fireworks will go live on Friday 21 October at 12 noon.

Ahead of tickets being released to the public, London Mayor Sadiq Khan has examined the ticketing scheme and security measures and has taken the advice of experts to make sure the event brings value to Londoners and visitors to the capital and puts safety at the forefront of the celebrations.

"The Mayor's team is working in consultation with partner agencies including the Met Police, emergency services and boroughs, who are agreed that ticketing continues to be the best way to ensure a safe and enjoyable event for all," said the Mayor's spokesman.

"In previous years, without ticketing, the event was hugely oversubscribed, with very large crowds lining the banks of the Thames and the numbers heading into central London for the display

growing significantly each year. This put enormous strain on transport, infrastructure and the ability of emergency services to move around.

"The aim of ticketing is to help ensure the long term sustainability of the fireworks as a safe, enjoyable event. Since ticketing was introduced in 2014, the numbers who attempted to see the fireworks but were unable to do so have reduced. As well as being enjoyed by spectators in the viewing areas, the globally-renowned display is watched by over 15 million broadcast viewers on TV and helps to promote London around the world."

Approximately 110,000 revellers are expected to gather in the viewing areas for the hugely popular pyrotechnic and lighting display, which is focused around the Coca Cola London Eye.

To open the event to more people

in London and around the world, the Mayor is looking at ways for everyone to get involved in the celebrations at home. A range of ideas, including 360 degree viewing technology, are being explored with partners and more details will be announced soon.

Mayor Khan said: "London is the best place in the world to see in the New Year and every year thousands of people watch the spectacular fireworks display on the banks of the Thames."

People wanting to guarantee a view and entry for this year's celebrations will be able to book up to four tickets from midday on Friday 21 October by visiting www.london.gov.uk/nye. Each ticket is £10 – the same price as 2014, when ticketing was first introduced – with every penny being used to pay for the costs associated with the ticketing scheme

Police warning after surge in share scams

FROM PAGE 1

show the impact that this type of fraud has on victims. There has historically been examples of victims committing suicide after this type of fraud has been committed against them, which makes it clear that there is far more than just a financial impact," said the spokesman.

The City of London Corporation is creating a specialist trading standards officer post under the Operation Broadway remit which will focus on rolling the City's model out across Greater London.

The specialist officer will work with trading standards teams across London's local authorities to ensure mail forwarding companies and serviced office providers are not allowing boiler rooms to operate on their patch. It is also hoped that this work will produce useful intelligence that will make it even harder for investment fraudsters to operate.

The City of London Corporation's Trading Standards, with help from the City of London Police last year prosecuted Servcorp UK Limited and Regus Management UK Ltd, two serviced office providers, which were allowing suspected boiler room fraud to operate on their watch, under the London Local Authorities Act.

Over the rest of 2016/17, officers from the City of London Police and City of London Corporation Trading Standards will also be reaching out to community groups, offering training to help senior citizens avoid becoming victims of investment fraud. They will also be offering aide-memoirs so potential victims are reminded what they need to do if they receive a cold call.

Detective Chief Inspector Dave Manley Head of the City of London Police's Fraud Squad and Operation Broadway lead said: "Investment fraud continues to be a major threat to individuals in this country and statistics show that those who are over 60 are particularly vulnerable to this type of crime.

"Fraudsters will do everything they can to manipulate potential victims and convince them that they are making genuine investments.

"Unfortunately once a victim is sucked-in by a fraudster they often end-up parting with a significant amount of money and this can have devastating effects on both the individual and their families.

"The City of London Police is the national policing lead for fraud and it is our job to work with police forces across the country as well as with our partners to ensure that criminals such as investment fraudsters are disrupted and ultimately prevented from committing crime. By raising awareness of investment fraud we hope to enable people to recognise when they are being targeted by the criminals and to stop them before it is too late."

Jon Avern, City of London Corporation's Head of Trading Standards said: "Working with our partners across London, we are creating a hostile environment for fraudsters who are duping people with the promise of high returns on false investments.

"We are identifying fraudulent traders as early as possible in order to prevent consumers from across the UK being ripped off. Our message is simple: don't send your money to someone you don't know, for a product you haven't seen."

Jennie Granger, HMRC's Director General, Customer Compliance Group said: "In 2014/15 HMRC prevented the loss of £1.3 billion in the most serious cases relating to organised crime.

"Our work with the City of London Police and partners helps HMRC in its role as an Anti-Money Laundering supervisor to prevent fraudulent activity, protect the public, and bring criminals to justice."

Council says there'll be no library closures

BY GEOFF BAKER

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WESTMINSTER City Council has been attacked over a "half-baked" plan for "massive cuts" to its library services that could cost the loss of 17 jobs.

The Westminster Labour Group says it is "deeply concerned and angered" by proposals from the council that would see huge cuts to library services.

But the council says it will not be closing any libraries and the service will "continue to be outstanding".

Westminster Labour Leader Adam Hug said: "The Conservative council has produced plans that would cut £750,000 per year from the Westminster Libraries budget and at the heart of these cuts are plans to remove the equivalent of 17 full-time members of staff.

"Overwhelmingly the roles that would be lost are the qualified librarians whose expertise and passion for reading help make Westminster's libraries a hugely valued part of our community.

"Westminster Labour believes the council must think again about how to support our vital library services. It could instead

look at innovative ways to raise revenue, for example through improved international digital access to the council's treasure trove of rare books and maps in the City Archives.

"At present there do not seem to be plans to consult the public about the impact of this major change, something Westminster Labour believes should be a basic requirement before any decision is taken."

He added: "Despite Theresa May's recent, clearly empty, rhetoric, Westminster's Conservative council is carrying on with deep cuts to vital services. Qualified librarians help make reading come alive for children and adults alike, making our libraries the beating heart of many of our communities.

"In Westminster we've seen this story before many times, most notably in our children's centres where skilled staff were steadily removed through 'salami-slicing' cuts and now they provide only a fraction of the vital services that they used to.

"Labour will fight to stop our libraries becoming empty shells and instead remain as a vital resource for our community.

"It is thoroughly disheartening that Westminster council are

pushing ahead with this half-baked plan, without any ideas for other sources of revenue to support the service or any plans for public consultation about the future of our libraries."

But councillor David Harvey, Cabinet Member for Sports and Leisure, dismissed fears for the future of the libraries.

"We will continue to offer one of London's best library services and no one is far from one of our 12 libraries," he said.

"Unlike many other councils, we do not plan to close any libraries or reduce our opening hours. We will continue to have a strong workforce offering an outstanding and professional library service. We know libraries provide an essential service and bring communities together.

"Given the ongoing financial challenges we face, we are constantly looking for new ways to modernise the library service and ensure that we continue to deliver value for money.

"As part of these changes, we have launched a consultation with library staff. Within the changes under discussion, we will continue to employ an excellent staff team with the right skills, knowledge and experience to deliver a high quality service."

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New crackdown on child neglect

BY GEOFF BAKER

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THE NSPCC and Westminster City Council are joining forces to raise awareness of the signs of child neglect and to encourage zero tolerance of such cruelty.

The council is calling on Westminster residents to report to the NSPCC any suspicions of child neglect, which affect one in 10 children.

For the next six months, the children's charity will be working with Westminster, along with the Royal Borough of Kensington & Chelsea and Hammersmith & Fulham councils and support from the Local Children's Safeguarding Board.

Together they are calling on people to take a zero tolerance approach to neglect and contact the NSPCC's helpline if they have any concerns about a child.

They will also be working with staff at nurseries and Children's Centres to ensure children experiencing neglect get access to the help they need to turn their lives around.

The NSPCC knows that

providing the right help at the right time can change a child's life.

"Although the number neglect cases referred by the NSPCC helpline to external agencies for further investigation has fallen, there are likely to be more cases that have gone unreported," said a Council spokesman.

"Neglect is the ongoing failure to meet a child's basic needs such as feeding them and clothing them. It is the most common form of child abuse with one in ten children experiencing it."

Councillor Danny Chalkley, Cabinet Member for Children and Young People, Westminster City Council, said: "Westminster is committed to ensuring the safety of all children and young people in the city which is why we have launched this campaign with the NSPCC."

"No child should ever experience neglect, and this partnership will mean more children than ever are able to get the help they need."

Emma Motherwell, NSPCC Local Campaigns Manager added: "Preventing neglect is everyone's responsibility. If we're all aware of

the signs we can get help for children before it has a lasting impact. With help they can recover."

The charity has identified four types of neglect:

■ **Physical neglect** – Failing to provide for a child's basic needs such as food, clothing or shelter. Failing to adequately supervise a child, or keep them safe.

■ **Educational neglect** – Failing to ensure a child receives an education.

■ **Emotional neglect** – Failing to meet a child's needs for nurture and stimulation, perhaps by ignoring, humiliating, intimidating or isolating them.

■ **Medical neglect** – Failing to provide appropriate health care, including dental care and refusal of care or ignoring medical recommendations.

Further information about neglect and child safeguarding can be found at westminster.gov.uk/safeguarding-children

Anyone with concerns about a child can contact the NSPCC helpline free and in confidence on 0800 800 5000, email help@nspcc.org.uk, or visit www.nspcc.org.uk

Man arrested over van theft

PARLIAMENT Square was brought to a standstill after a man stole a removal van – and then smashed into numerous vehicles before being stopped by police.

While removal men were inside a house near Buckingham Palace the thief approached and pushed the homeowner, who was keeping watch over the van, out of the way.

He then jumped into the van and headed off at speed, hitting at least two parked cars and a bollard before racing towards Parliament Square a mile away.

The police helicopter joined in the pursuit and the driver was a brought to a stop by chasing police cars, including armed response officers.

Officers had to smash the driver's window to get the man out.

The van was taken from Catherine Place in Westminster on Thursday.

Owner of So Fast Removals Sorin Ionescu, 32, said: "My boys had problems parking and the driver asked the client to stay next to the van and while they were bringing furniture down the stairs the thief pushed the client out the way and jumped into the van."

"The driver sped away and hit at least two cars and then ended up in Parliament Square."

"The van is damaged and we're going to have to spend thousands to fix it, including fixing the driver's window, which was smashed by police to get the thief out."

Motorists were stuck in heavy traffic for hours following the incident which sparked traffic jams.

A Metropolitan Police spokesperson said: "At 3.05pm, on Thursday, a removal van was stolen from Catherine Place."

"The vehicle was in collision with at least one other vehicle and a bollard, but failed to stop. The National Police Air support Unit were deployed and the vehicle was stopped in Parliament Square by officers. The driver, a man was arrested for taking a vehicle without consent. The vehicle is causing traffic disruption in the area and arrangements are being made for its removal."

'Seeking help from Queen'

AN intruder who threatened to use a gun inside Buckingham Palace after scaling one of its gates was seeking help from the Queen, a court heard.

Psychiatric patient Daniel Sheehan, 22, was stopped twice by security guards at the palace a day after being discharged from Langley Green psychiatric hospital in Crawley, West Sussex.

On Thursday at Westminster Magistrates Court, Sheehan, of no fixed address, pleaded guilty to two counts of trespass.

The court heard that on the first occasion, a guard was distracted by a van driver when Sheehan encroached on the designated area' at The Mews, Buckingham Palace.

Later, Sheehan was spotted again having scaled the palace's South Gate.

In custody he told police he was going to use a gun inside the palace to "defend himself".

Tarek Heiden, defending, told the court that his client had been discharged from a psychiatric hospital the day before the incident.

Sheehan was remanded in custody while a probation report is prepared and will be sentenced on November 3.

Writing for you every week, London's most outspoken entrepreneur

Charlie pipes up!



Pimlico Plumbers meet Theresa May

Give yourself a voice

THE benefit of living in a democracy is that everyone has a voice. Whatever your position on the EU, the recent referendum proved the power of having the vote.

What I have learned though, since being in business, is that although having a vote gives you a voice, sometimes you have to shout a little louder to get your point across.

It's often said that two subjects to avoid at the dinner table are religion and politics, but, when it comes to business, politics should very much be on the menu. In fact, it should be more than just a topic of conversation, but an opportunity to change things for the better that can improve opportunities for entrepreneurs and the workforce.

Business has to have a voice in politics because, although organisations like the CBI and the IoD represent the interests of the companies with government, it's really important for individual firms to paint a picture of what's happening on the front line and engage politicians where they can.

We regularly invite ministers and advisors to Pimlico Plumbers, particularly to discuss the need to create more and better apprenticeships, and they are often very grateful for our opinions and experiences.

We've even gone so far as taking a stand at the Conservative Party Conference to promote apprenticeships, which we did, for the third time, recently in Birmingham.

After last year's Tory Conference, where ex-PM David Cameron et al visited our stand to take on our apprentices in a classic plumbing challenge, we're returning to the centre of

UK politics to show how important apprenticeships are for businesses and the social mobility of young people.

Our stand at the 2015 conference was a hit with delegates, MPs and ministers and did a fantastic job in reinforcing the importance of apprenticeships to the economy, employers and young people.

And, in true Pimlico Plumbers' style, 2016's conference appearance is bigger and better. We've even produced a life-size polystyrene reproduction of an iconic Pimlico Plumbers van, which has taken pride of place on the stand!

It'll certainly help drive home the message that vocational training has to be at the heart of our education system and workforce development activities!

That said, you don't always have to build a replica plumbing van to get your point across to politicians. If you have an issue that you want to bring to their attention there are plenty of ways to engage them.

From an old fashioned letter in the post, to an invitation to visit your premises or sharing your views with the media, politicians of all levels, from local Councillors to the Prime Minister want to hear what's happening in business and are keen to hear about firms' challenges and successes.

However, they want to see constructive suggestions to solving issues rather than letters of complaint, so put the effort into considering how the problem you want to speak out on can be solved.

Businesses, no matter how small or how infant, should have a voice in politics so the efforts from the streets of the UK can be understood in the corridors of Westminster.

Views expressed are those of the author and not necessarily those of this newspaper



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Desperately seeking lifeline for Lucy

BY JACK DIXON
jack@londonweeklynews.co.uk

A FULHAM mother is facing a race against time to raise tens of thousands of pounds for a life-changing operation for her disabled daughter.

Lucy Machin fears eight-year-old Caya may never walk again without complex spinal surgery and has launched an urgent appeal for help.

Caya suffers from a form of cerebral palsy known as spastic diplegia, which affects her muscle control and movement.

She finds it difficult to walk and already uses a frame and wheelchair to move around.

But doctors say her condition will only get worse as she grows older and surgery may be the only way to keep her on her feet.

Ms Machin has arranged the operation with a private healthcare provider for January next year – but must raise £40,000 to cover the spiralling costs of treatment.

“At the moment Caya can walk short distances unaided,” she said. “But because her muscles are tightening she walks with an unnatural gait and quite often falls over.”

“Without the operation, it’s very possible that she will need to use a wheelchair for the rest of her life.”

Caya was on an NHS wait-



Lucy Machin fears eight-year-old Caya may never walk again without complex spinal surgery and has launched an urgent appeal for help

ing list to be assessed for the selective dorsal rhizotomy surgery, which involves cutting some of the nerves in her spinal cord to loosen up her limbs.

But the NHS stopped funding the treatment before Caya could have the operation.

Ms Machin is now facing a £31,000 bill for the surgery and a further £10,000 for the intensive physiotherapy Caya will need afterwards.

Doctors advised her that the best time to have had the operation would have been between the ages of four and seven. With Caya turning nine in February, Ms Machin says she is conscious of time

ticking away.

“Caya is a super sensitive girl – she hates the attention,” said Ms Machin.

“She finds it quite hard and doesn’t understand why we can’t just raise the money ourselves.”

“I don’t think she will realise how big a deal it is until she has had the operation. She has always had these tight muscles, she does not know any different. I just want things to be easier for her.”

Jemma Greenslade, a friend of Ms Machin’s from the Sullivan Primary School PTA, has been helping to raise awareness about the appeal.

The two mothers and around a dozen friends and family will be taking part in a 26-mile sponsored walk around South Park in November. They have already raised around a quarter of the £40,000 needed.

“I told Lucy I would not rest until we had raised the full amount,” said Ms Greenslade.

“A lot of children with cerebral palsy don’t get the chance to have this operation. Caya knows she is different. She just wants to be normal.”

Ms Machin and Ms

Greenslade hope to take a big step towards their fundraising target after local builders pledged their support.

John Phoenix, a site manager working with construction firm GM Developments at Hurlingham Lodge, stepped in when he heard about Caya’s plight.

Mr Phoenix previously used his contacts in the trade to raise £36,000 for Alder Hey Children’s Hospital in Liverpool after his son died from a heart attack at the age of 19 while playing football.

The company has pledged a large sum towards the appeal and some of the team have been helping to raise funds.

Mr Phoenix said: “Caya is absolutely amazing. She is so determined. She is only eight years old but refuses to use a wheelchair.”

“We are going to get to the £40,000 mark. Hopefully we can raise even more for other children who have got the same problem.”

To support Ms Machin’s appeal, you can visit the website gofundme.com/2m6wtzkk



Londoners with a sweet tooth were licking their lips last week as The Chocolate Show arrived in Hammersmith and Fulham. Truffles, fudges, brownies and cakes galore were on display at the Olympia during a three-day celebration of the nation’s favourite sweet treat. Exhibitors came from all over the world to sample the array of indulgent goodies, with top brands Paxton Chocolates, Smiths: L’Art du Chocolat and J Cocoa among the big names. They were joined by a host of celebrity chefs, including past winners of the BBC’s hit show *The Great British Bake Off* Edd Kimber and Mark Tilling

Health campaign offers free flu jabs

Health chiefs are offering free flu vaccinations to help protect residents against viruses as the winter months draw closer.

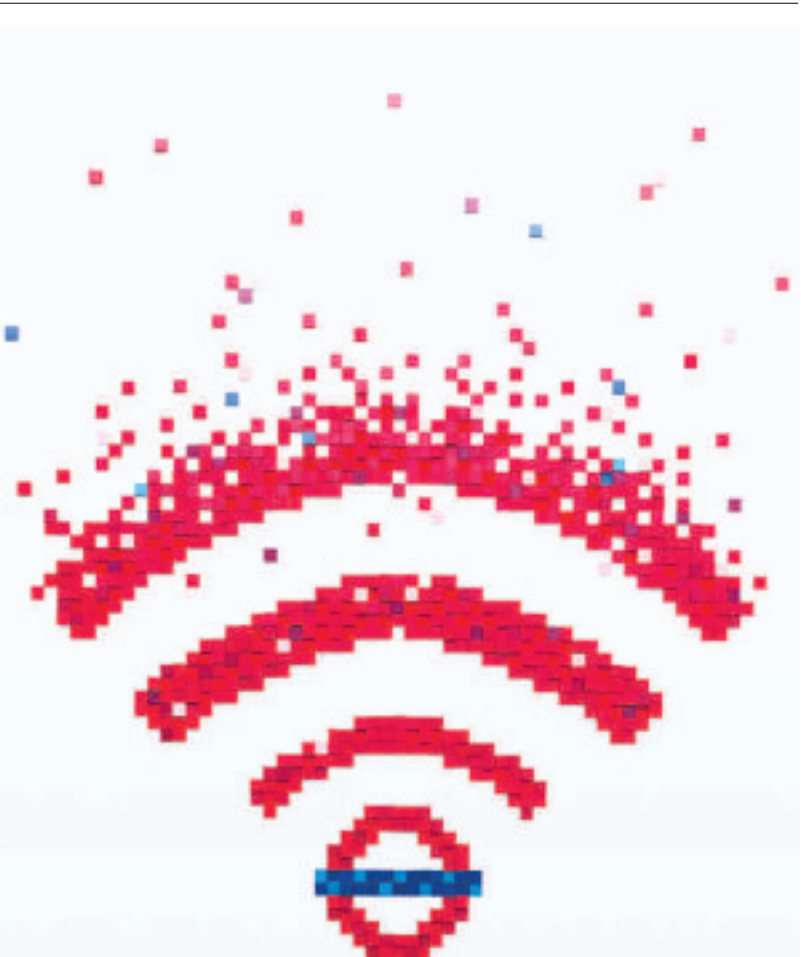
Officials at Public Health England have launched their

Stay Well This Winter campaign to highlight the risks of catching flu.

Free vaccinations are available in Hammersmith and Fulham for young children, over 65s, pregnant

women, carers and those who may be living with long-term illnesses.

GPs’ surgeries, local pharmacies and some primary schools are offering the flu clinics in the borough.



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Charity runner, 31, dies – two weeks before second child due

BY LWN REPORTER

edit@londonweeklynews.co.uk

A CITY broker collapsed during a half marathon and died – two weeks before he was due to become a dad for the second time.

Long-distance runner William Man, 31, was competing in the Royal Parks Foundation Half Marathon in London when he collapsed in Kensington Gardens less than two miles from the finish line.

Other runners tried to resuscitate the City worker, who had a two-year-old daughter with wife Wendy and was due to see his son born this month.

Witness Chola Chilufya, who was taking part in the race, said: “Just before 11 miles I saw him falling on the grass and he didn’t look good. I stopped immediately with three other guys. We tried our best by putting him in the recovery position and monitoring his breathing until paramedics arrived.

“When I saw the helicopter I felt relieved and hoped the best for him. Since then I have been thinking about him, and to hear this sad news. I’m glad I stopped to give him my support. My heartfelt condolences to his family and friends.”

Mr Man had taken part in several other races and had completed another half marathon this year.

His brother-in-law William Chu said: “Unfortunately my brother-in-law didn’t make it. His heart stopped and never started again, despite all the help from everyone around him and the staff at St Thomas’ Hospital. Thanks for everyone’s prayers and support.”

He said the family were planning to lay some flowers where Mr Man collapsed.

Mr Chu shared a picture of himself and Mr Man at the Southend Half Marathon, which the pair completed this year. Mr Chu said: “He beat me by half an hour but kept it a secret to save my dignity. I miss him so much.”

Business-studies graduate Mr Man worked as a specialist at Marsh & McLennan Companies’ UK office and lived in Romford.

A Royal Parks Foundation Half Marathon spokesman said: “Mr Man collapsed between mile 11 and mile 12. He received immediate attention from the race medical team in the park and was then transferred to hospital by ambulance.

“We know that Mr Man had taken part in previous running events, and completed a half marathon this year.”



William Man, 31, died after collapsing between mile 11 and mile 12 during the Royal Parks Foundation Half Marathon

Since his death, a JustGiving page set up by Mr Man has raised £7130, dwarfing his original target of £250. Almost 600 supporters, some complete strangers, have donated to the page which is fundraising for the Bone Cancer Research Trust.

Mr Man had been on a reserve list for the charity’s team and had got his place when another runner dropped out.

A Bone Cancer Research Trust spokesman said: “Everyone here at the Bone Cancer Research Trust is truly saddened by this tragedy.

“Mr Man joined our team as he wanted to help improve health and charitable awareness in the area of bone cancer – for that we will always be grateful to him. Our thoughts and condolences are with his family at this very difficult time.”

Some 16,000 people took part in the race.

Student with knife in shoe ‘on mission to kill Queen’

A CHINESE student said he was on a mission to kill the Queen while carrying a folded knife in his shoe near Buckingham Palace, a court heard.

Hang Zhang, 25, was arrested after a violent struggle with police, having made it through the gate of the Royal residence on the afternoon of August 12, the court was told.

Zhang appeared at Westminster Magistrates’ Court via videolink from Sheffield Magistrates’ Court in South Yorkshire.

Through a Mandarin interpreter, the University of Sheffield student spoke to confirm his name, age, address and plead not guilty to a charge of possessing an offensive weapon in a public place. He also elected to face trial at magistrates’ court.

Edward Aydin, prosecuting, said: “He has gone to Buckingham Palace shouting that someone was trying to kill him. He was there with his passport in his hand.

“He said he needed to see the Queen and the Chinese government are watching him.

“He gets into the yard of Buckingham Palace and gets into the main gate and there is a violent struggle with officers and he is taken to the ground.

“He is taken to a police station and there is folding knife in his right shoe.”



Buckingham Palace

At the police station, officers saw on his hand the words “Buckingham Palace” and “flag” written in biro, the court heard.

Mr Aydin said: “He made a significant comment to the officer, saying ‘My mission is to kill the Queen’, and then no comment to all other questions.

“There was a violent struggle at the gate. He was intent on getting into the palace, focusing his effort with a knife.

“These are dangerous circumstances – all sorts of people around there, families and tourists.”

Judge Elizabeth Roscoe put the matter back for two weeks for a case-management hearing on October 26, when Zhang will again appear via videolink.

Zhang, of Sheffield, was bailed to remain in a mental-health facility in his home city and will face trial later this year on a date to be fixed.

He was sectioned in Au-

gust under the Mental Health Act and was granted bail, but instructed he must stay as an inpatient at a mental-health facility in Sheffield. He had been charged with threatening to kill the Queen – but that charge was dropped because of his mental health.

Her Majesty is not believed to have been at the palace at the time of the incident which was one of four security alerts sparked by intruders in the space of three months.

This month, Daniel Sheehan, 21, appeared at Westminster Magistrates’ Court accused of climbing over a gate at the palace.

In August, Queen-obsessed John Bolton, 47, admitted possessing three knives outside the palace while claiming he was a member of the SAS.

Convicted killer Denis Hennessy, 41, was arrested in the palace grounds in May and jailed for four months.

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Law-breaking landlord woe 'for 350,000'

ONE in five private renters in London has been the victim of an illegal act by their landlord, new research reveals.

In the last year, almost 350,000 Londoners suffered at the hands of their law-breaking landlord.

A YouGov survey uncovered a range of unlawful behaviour – from petty corner-cutting to serious criminal offences.

Landlords entering homes without permission and deposits not being properly protected were among the most common complaints. But the poll also revealed cases of shocking behaviour, including cutting off gas and electricity supplies and throwing tenants' possessions out of their own homes before changing the locks.

Tens of thousands of Londoners reported verbal abuse and threatening behaviour from their landlord, with thousands more complaining that they had been unfairly treated because of their race, nationality, gender or sexual orientation.

Londoners fell victim to rogue landlords' illegal activities more often than in any other region in the UK, with more than a million renters affected nationwide.

Housing charity Shelter warned that a minority of misbehaving landlords were causing misery for renters by committing criminal offences.

Danielle Goodwin, a helpline adviser at Shelter, said: "Every day at Shelter we speak to people at the end of their tether after a law-breaking landlord has caused chaos in their life.

"These range from instances where the renter has been unaware of their rights, to cases where renters are exploited and subjected to terrible experiences by a minority of law-breaking landlords."

In the last 12 months, Shelter has received more than 220,000 visitors to its online advice pages designed to help people facing problems with a private landlord.

But it also says many renters do not know their rights and are putting up with unnecessary suffering as a result. Ms Goodwin said: "Too many people don't know their rights as a renter. But Shelter is here to help anyone having landlord problems with free, expert advice."

The findings will put pressure on the mayor of London, Sadiq Khan, to do more to protect private renters in the capital.

Mr Khan has said: "Everyone in London has either had a bad experience renting privately or knows people who have. I've met families who have had to move nearly a dozen times with their children because they can't afford the rent or they have been treated terribly by their landlord. This is not good enough and I am determined to get a grip on this sector."

Responding to the report, the National Landlords Association said it was way too easy for unscrupulous landlords to get away with criminal activity because of a lack of enforcement and prosecution from councils.

Chief executive Richard Lambert said: "These figures highlight serious issues that are unacceptable but our research with tenants shows that 82 per cent say they are happy with their current landlord. Shelter's figures show the vast amount of landlords to be law-abiding.

"But it's not just a one-way street. Three in 10 landlords in the UK – approximately 600,000 – say they have been either verbally or physically abused by a tenant."



Nadja Ensink said her husband Jeroen – who was killed by a schizophrenic – was an internationally renowned water engineer and dedicated humanitarian

Online fund in memory of academic knifed to death raises more than £86,000

BY LWN REPORTER
edit@londonweeklynews.co.uk

A CROWDFUNDING page dedicated to an academic stabbed to death, by a schizophrenic, days after his daughter was born has raised more than £86,000.

Dr Jeroen Ensink, 41, a lecturer at the London School of Hygiene and Tropical Medicine, was repeatedly stabbed by Nigerian student Femi Nandap.

The new dad had left his home to post cards announcing the birth of baby Fleur in December last year.

It was previously revealed Nandap, 23, had been caught in May 2015 with two kitchen knives after assaulting a police officer, who he punched and bit on the thumb.

But the case was dropped on December 23, just six days before Dr Ensink was stabbed, because the Crown Prosecution Service claimed they did not have enough evidence to prosecute.

Nandap, who admitted manslaughter by diminished responsibility, had been suffering from cannabis-induced psychosis at the time of the killing.

At the Old Bailey he was handed an indeterminate

hospital order under the Mental Health Act.

And since Dr Ensink's widow Nadja gave an emotional speech at Nandap's sentencing, donations to a JustGiving page set up nine months ago have soared.

Outside the Old Bailey, she said: "There are no winners in this case. This sentence means Mr Nandap will finally get the care and treatment he needs. We just hope effective measures are taken so no other family will ever have to go through what we have experienced."

"If a person with a history of mental-health problems is found wandering about with a knife, and attacks a police officer, then that person must be referred to a secure unit for proper assessment and treatment and not given bail so easily."

"This represents a failure of the health and judicial system that should protect the public and care for those with severe mental illness."

"Why was this individual bailed after assaulting a police officer and carrying a knife in public?"

"How could this individual, who is mentally unwell and armed with knives, have been at liberty on the day he killed my husband?"

"Why on December 23 did the CPS drop the knife-possession and assault charges against this individual just six days before he killed my Jeroen? Will those who made that decision in some way be held accountable?"

"I hope that our case highlights the necessity to bring about the required changes to existing laws."

"Lessons will not have been learned until concrete changes in legislation have been implemented."

Of her late husband, she said: "From the moment Jeroen and I met we had an instant connection. We had the same values, beliefs and dreams and had an unshattering belief in the goodness of this world."

"He worked so hard to make this world a better place for the less fortunate among us. He was an internationally renowned water engineer and dedicated humanitarian."

"He was passionately committed to a simple cause of improving access to water and sanitation in countries where children continue to die needlessly due to a lack of these basic services."

"Jeroen was everyone's friend but he was my soulmate and I'm so proud to be

married to him and for Fleur to have such a remarkable father."

"My life stopped on December 29. It is only looking at my daughter that I know time is passing. I used to be an independent, positive person. Now I'm fearful and constantly afraid that something awful will or has happened and now I look at people differently."

The founders of the JustGiving page say they will donate all of the proceeds to MSc scholarships for students from sub-Saharan Africa and South Asia.

The funding page reads: "Jeroen was a highly valued member of the School community, and all who knew him will remember him as a warm and committed friend and colleague."

"He was passionately committed to a simple cause: improving access to water and sanitation in countries where children continue to die needlessly due to the lack of these basic services. A natural educator, Jeroen was immensely popular with students in whom he invested much time and energy."

To donate, see justgiving.com/fundraising/the-jeroen-ensink-memorial-fund.

Builders 'kidnapped teenager'

TWO builders accused of kidnapping a suspected 14-year-old burglar before roughing him up in the back of a car have appeared in court.

George Holland, 24, and Phillip Johnson, 33, are each accused of one count of kidnap and one count of assault by beating.

At Westminster Magistrates' Court it was alleged the pair had chased down the boy after a neighbour said she had seen two youths breaking into a car.

The builders then chased the 14-year-old, who matched the woman's description of one of the thieves, assaulted him and drove him around before dumping him in Ladbroke Grove, West London, the court heard.

Kate Shelton, prosecuting, said: "The allegations are that on June 21, at around 2.15pm, (the) 14-year-old was walking home from school."

"He was intending to collect his brother from school and then go home by his normal route."

"(A woman), inside her home address, saw two male youths go into a black Mercedes car parked opposite."

"The two youths made off, and (she) went into the house opposite."

"The two defendants were present, they were on a building job – she informed them that the car had been broken into."

"They got into the vehicle and started looking for the thieves."

"They then found (the 14-year-old), who they believed to be one of the males as he matched the description of the male responsible for the theft."

"They assaulted him by punching, put him into the car and drove him around."

"Witnesses said they saw two males beating up a 14-year-old, smashing him into a metal gate."

"The child explained that he was driven around until he was eventually released and the car drove away and he made a report to the police."

"Johnson made partial admissions in interview that he did chase after the boy, hitting him a few times, but said the child confessed to the theft."

Holland, of Walton-on-Thames, Surrey, appeared in the dock wearing a grey Ralph Lauren jumper. He spoke only to confirm his name and date of birth.

Johnson, of New Malden, Surrey, wearing a grey jumpsuit, spoke only to confirm his name.

Both were bailed and will next appear at Southwark Crown Court on November 10.

'Disgusting' burglars

"DISGUSTING" burglars posed as handymen to trick their way into the Shepherd's Bush home of a 101-year-old woman.

They were dressed in dark blue uniforms, presented fake identification cards, and said they were investigating a problem with the local water supply.

Once inside, the men searched through the victim's belongings and made off with handfuls of cash.

PC Shawn Ross called the crime disgusting and said officers are investigating a number of leads.

The theft happened on Friday September 30 at 4.45pm.

Youth film tackles twin perils

BY GEOFF BAKER
geoff@londonweeklynews.co.uk

TWO brilliantly-realistic street films made by disadvantaged young people of West London have been hailed as groundbreaking by council chiefs – and will now spearhead a drive against the dangers of drug dealing and knife-carrying in schools across the capital.

City leaders in Kensington and Chelsea, Hammersmith and Fulham and Westminster believe that because the films are so true to life and were made by young people with actual experience of the issues that they will work as a significant deterrent when screened to school pupils.

The films, made with the input of young people from Kensington and Chelsea, Westminster and Hammersmith and Fulham, were made after the three councils' Youth Offending Service obtained funding from the Mayor's Office for Policing and Crime.

Two film companies that specialise in co-producing films with hard-to-reach and disadvantaged groups were involved in the project. Latimer made *PWITS* (Possession with intent to supply), a film focusing on drug dealing issues. This was filmed in Westminster and involved young people from both Westminster and Kensington and Chelsea.

Deep It, made by Fully Fo-

cused Productions, confronts issues around the carrying of knives. It was filmed in Camden and involved young people from all three boroughs.

Both films are running on The Trap, a new website – www.thetrapuk.com – built to send an informed warning to young people vulnerable to drugs and knife crime.

"The Trap is an educational resource and grassroots initiative designed to challenge the belief that carrying a knife keeps you safe and selling drugs on the street leaves behind no victims," said a spokesman for the pioneering project.

"It is a creative collaboration between a group of young people from West London, the City of Westminster, Kensington and Chelsea and Hammersmith and Fulham Youth Offending Service, and the production companies Latimer Group and Fully Focused Productions. By exploding myths about so called victimless crimes, The Trap encourages young people to make positive choices for themselves.

"Young people from across three boroughs of West London came together to produce an educational resource that challenges misconceptions and explodes myths surrounding 'victimless' crimes. The Trap was the result.

"These powerful films explore the impact of street drug



A shot from the film *Deep It*

dealing and knife carrying on individuals and their communities. Their message is loud and clear: There is no such thing as a victimless crime. Everyone gets hurt in the process."

But what has especially impressed Triborough council leaders is that many of the young people in the films had no previous acting experience and they improvised the dialogue based on their own experience.

"We wanted to make the film as realistic as possible so that young people could properly engage with it, so we cast real people, none of whom had been actors before and some of whom had been in trouble before," said Jack Woodcraft, executive producer of *PWITS*.

"The dialogue was improvised because it was important that we got authentic voices of the communities."

A spokesman for Fully Focused added: "We worked for six months running workshops with young knife crime offenders and our own young team of creatives, all of whom come from disadvantaged backgrounds and have experience of crime, prison, violence, and school exclusion and who work with us to transform their lives."

"They came up with the premise and story-lines so the film would be realistic and authentic, then a professional scriptwriter came on board."

"The young knife crime offenders then partook in the film production, helping our experienced crew and our own young team with various duties. The experience of the young people was very positive and some involved are now very interested in continuing to work with the film companies."

Both films have been showered with praise from councillors across the three boroughs.

Councillor Elizabeth Campbell, Kensington and Chelsea's Cabinet Member for Family and Children's Services, said: "I am sure these films will prove to be an excellent educational tool in the future. I want to thank everyone who took part and the Mayor's Office for funding this important project."

Councillor Nickie Aiken, Cabinet Member for Public Protection at Westminster City Council, said: "Talking to young people about the very real impacts of drug dealing and carrying knives is an important part of preventing these crimes from happening in the first place. The Trap is an excellent example of what can be

achieved when the police and local authorities work alongside young residents to solve issues that are affecting them and their communities."

Betty McDonald, Head of Youth Offending Services at Westminster City Council, the Royal Borough of Kensington and Chelsea, and Hammersmith and Fulham said: "The impact on communities as a result of youth violence and disorder often leads to victims being missed or forgotten."

"We therefore decided to create a high quality resource that has credibility with young people, using a platform that can be accessed by all to challenge the view that these crimes are victimless. We hope this resource will be shared and used creatively to support and challenge young people to get out of 'The Trap' and make positive choices in their lives away from crime."

Councillor Sue Fennimore, Hammersmith and Fulham's Cabinet Member for Social Inclusion, said: "It is moving to see young people in the borough using their personal experiences so positively, warning others of the dangers of knife and drug crime in such a compelling, creative way."

"This important and innovative project that not only serves a crucial educational role for those who watch the films but helps gives the young filmmakers involved great vocational experience."

It is hoped that The Trap films will become part of London Mayor Sadiq Khan's Knife Crime Strategy, which will be part of his new Police and Crime Plan, expected to be launched for public consultation later this year.

Knife crime accounts for almost half of all fatal homicides in the capital and has risen 16 per cent in the last two years, with 13 young people under the age of 25 killed this year.

Of all victims of homicide in 2016 so far, 46 per cent were due to fatal knife crime. Between September 2015 and August 2016 there were 3,877 victims of knife crime with injury in London. 1,749 of these were victims aged under the age of 25.

Crime figures grim for Khan

LONDON Mayor Sadiq Khan is to face pressure to crack down on crime in Westminster and The City after figures revealed that offences have leapt to 5,000 a month for the first time this year.

Figures compiled by UK Crime Stats show that crimes in the cities of London and Westminster soared in July to 5,080 – up from 4,522 in June.

With the exception of March, when 4,332 crimes were recorded, the crime count for each month had stayed steady at around 4,500.

Although the number of burglaries has fallen to 177, from 240 in March, the number of violent attacks has rocketed – from 577 in January to 719 in March. Incidents of anti-social behaviour have also dramatically increased, from 871 in January to 1,188 in July, and public order offences have risen from 154 in January to 240 in July. The number of weapons crimes has trebled, from 12 offences in January to 36 in July.

But although crime in Westminster and The City has soared, so has the Mayor's popularity.

A YouGov survey has found that 58 per cent of Londoners now believe the Mayor is doing his job well, a big increase from 45 per cent in July. Only 14 per cent said they thought the Mayor was doing a bad job, and 28 per cent said they did not know.

Support for Mr Khan, the Labour candidate for Mayor in the May elections, has come from across the political spectrum; more than 50 per cent of Conservative voters applauded his leadership, compared with 29 per cent three months ago.

The complete fireworks of...

THE life of William Shakespeare will be celebrated with two spectacular fireworks displays to mark 400 years since the playwright's death.

More than 20,000 people are expected to attend the *A Muse Of Fire* shows in Hammersmith and Fulham next month.

The double header of displays begins in Bishops Park on November 4, with a second event in Ravenscourt Park on November 5.

Council leaders have named this year's bonfire-night celebrations after the opening prologue from Shakespeare's play *Henry V*: "O for a muse of fire, that would ascend the brightest heaven of invention."

Tickets are available from the Lyric Theatre box office or on the gate for £8. Entry for children under five is free.

Flood relief

A NEW sustainable drainage scheme has been installed in a Fulham street following the award-winning success of a similar project in Shepherd's Bush.

The redesigned walkway in Stevenage Road will help to protect the area from flooding while improving the borough's green landscape.

It comes after a scheme in Australia Road, White City, was praised by industry experts for its positive impact on the environment.



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A TRIO of tiny kittens have been nursed back to health after they were abandoned in an empty crisp box on a Hammersmith street. The one-month-old felines were dumped next to bins in Shepherd's Bush Road – but were rescued when a passer-by spotted them. All three were very weak and suffering from anaemia, having been infested with fleas. But they were rushed to the Blue Cross Animal Hospital in Hammersmith and are expected to make a full recovery. Carers have named the moggies McCoy, Dorito and Pringle after the snack box they were found in. They have now been moved to the Blue Cross rehoming centre in Burford, Oxfordshire, and a foster family has already been found to take them in.

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Jamie Oliver's yellow home in Primrose Hill is on the market for a reduced £9,995,000

Chef serves up £2m price cut on 10-bed home

JAMIE Oliver has slashed the asking price of his home by £2 million after failing to find a buyer.

The super-chef's London pad was originally two separate homes which he and wife Jules converted into a 10-bed-room mega residence.

He put the Primrose Hill home on the market in February for just under £12 million after buying a historic Grade II listed property in North London.

After failing to find a buyer, Oliver recently applied for planning permission to have the home converted into three separate properties in the hope of raising interest.

Tough market conditions have now resulted in the dad of five reducing the asking price to £9,995,000 – a drop of 15 per cent.

The yellow property, described by Savills and Knight Frank as a beautiful family home, is more than six times the size of the average English home.

It boasts four reception rooms, 10 bedrooms, six bathrooms, a study and – unsurprisingly for one of the world's best-known chefs – two kitchens.

The first floor of the mansion has a “wonderful” master suite which is made up of a large double bedroom, bathroom, two dressing rooms and a study.

It also has off-street parking, a garage, garden and views across Primrose Hill.

Henry Pryor, a buying agent and property commentator, said: “Jamie Oliver is suffering like many other homeowners who have decided it's time to move.

“Buyers are wincing at the transaction costs of buying an expensive home and considering renting instead.

“Prices in Central London have fallen by 10 per cent and



Celebrity chef Jamie Oliver with wife Jules

sales by 50 per cent over the past year.

“If you want to sell today then you need to have the very best home on the best side of the best street.

“As Phil and Kirstie remind us, it's all about Location, Location, Location.

“Those few buyers who are prepared to commit only want the best.

“Bad news for Jamie – this market will get worse before it gets better.

“Suggestions that the housing market has survived Brexit are premature. It has been shaken by the referendum but we haven't actually got to the exit.”

There are currently around 300 homes on the open market in London with asking prices exceeding £10 million.

However, figures from the Land Registry show there

have been just 48 sales of eight-figure homes in 2016.

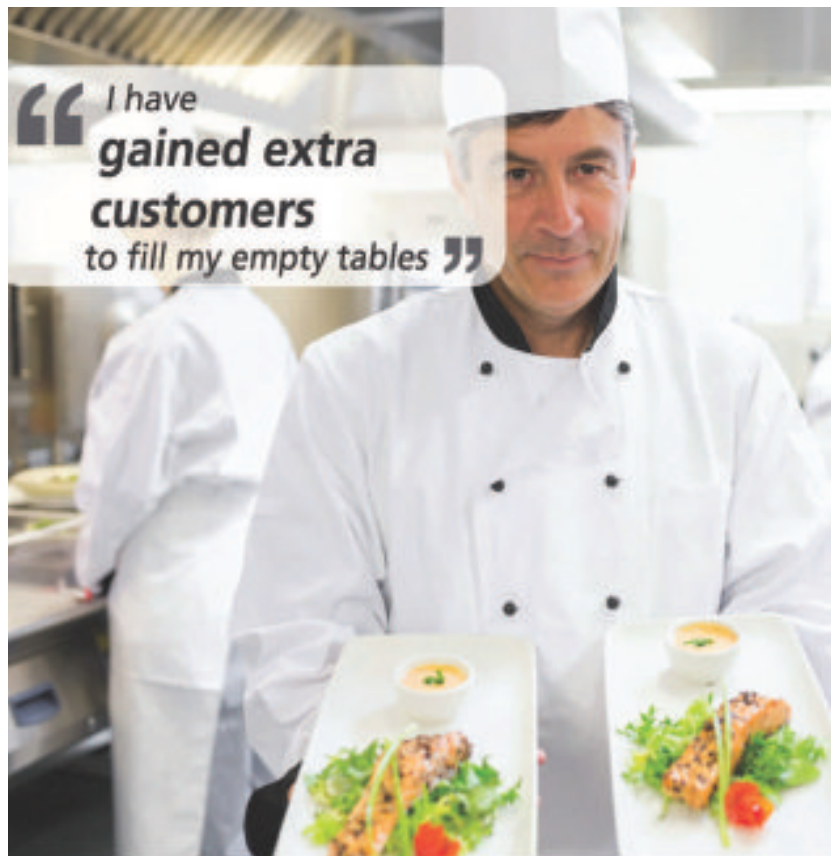
Mr Pryor said there are 13,700 £1 million-plus homes for sale across London today but last month just 278 sold.

Sellers are continuing to struggle to find buyers for pricey pads due to high stamp duty.

Stamp duty on Oliver's home would be £1.1 million.

Many potential buyers have balked at the current tax on buying an expensive home, instead choosing to extend or renovate their property instead.

The buyer of Oliver's home will be able to keep it as a large family home with separate flat or convert it into a four-bedroom home, two-bedroom flat and four-bedroom maisonette after Camden Council approved planning proposals in August.



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The **London Weekly News** is proud to back our sister title, the iconic **South London Press**, in its campaign to tackle the stigma around mental health and raise vital funds towards life-changing treatments. The initiative is just seven days old and already your cash is flooding in.

We have teamed up with local charity Lambeth and Southwark Mind to shine a light on the hidden health problems in our community and make a real difference to thousands of lives.

The **Change Is Possible** appeal aims to banish many of the stereotypes and misconceptions that surround mental health.

But we are also on a mission to raise tens of thousands of pounds for Lambeth and Southwark Mind, whose staff, trustees and volunteers work tirelessly every day to improve the health and wellbeing of some of London's most vulnerable people. Here, Olivia tells reporter Jack Dixon how she came to terms with her mental health issues



I would never have said I had an eating disorder. I didn't want to think of myself as having a mental health issue

Eating disorders are among the most common mental health problems in young people – as many as one in five UK women aged 16 to 24 are affected.

But for many years, despite refusing food and forcing herself to be sick after meals, Olivia never believed she was suffering from a serious mental health problem.

As a teenager and then into her 20s, her obsessive rules around eating served as a kind of coping mechanism.

Being born with physical health problems made Olivia extremely self-conscious about her body. What would later be diagnosed as a serious eating disorder was, for her, a way to calm herself down and manage daily life. A way to feel more comfortable in her own skin.

"My physical health issues made me want my body to be perfect," she says.

"I was very restricted in terms of what I ate and certain foods were banned. I was making myself throw up after every meal.

"I knew I should have stopped doing it but it was a way to relieve stress. Being sick relieved that tension. When you have a way of managing your life you do not want to stop doing it.

"I used to worry about what people would find out at school. During that time I would never have said I had an eating disorder. I didn't want to identify as someone with mental health problems."

Olivia battled to control her eating disorder for the next 15 years, from her mid-teens until her early 30s.

Unfortunately, it was only the beginning of her complex experience with mental health problems.

Despite seeking help, she found herself dipping in and out of severe bouts of depression.

Olivia had been working for an investment bank when she took some time out to look after her children.

"I loved the children so much but I felt guilty a lot of the time and, as they grew older, I wanted to have a job and a life outside the home. That can be quite a hard time for a lot of mothers," she says.

"If you are at home on your own you don't have that structure. You feel that you're not making a contribution. You need that to help you feel a bit more stable."

It was a long road to recovery – but over 10 years Olivia began to feel better with the help of some medication, a professional psychotherapist and, later, an NHS psychiatrist.

Now 42, she has recently taken up a new position working for Lambeth and Southwark Mind, having spent five years in the fundraising department for the national Mind charity.

She says it was the process of returning to work that helped her to focus her mind.

"What really made a difference for me was working for Mind. That was massively im-

portant to me, to have a role outside the home and to do something interesting.

"People with mental health problems can often go in and out of feeling ill. They might experience periods of being fine and then, suddenly, periods of not being fine.

"They can go up and down and it can change round quite a lot, replacing one self-relieving behaviour with another."

Though she is still visiting her psychiatrist for regular sessions, Olivia recently stopped seeing her psychotherapist for the first time in a decade.

Reflecting on her experiences, she says she feels stronger now than she has done for many years.

"I started seeing my psychotherapist when I was 32 and I think she kept me alive over the next 10 years," she adds.

"The things that helped me were getting a job, doing something fulfilling and feeling that you have a role to play.

"But each person has to find their own way of managing. What works for one person might not work for everyone else. You have to try things.

"Mind is doing a lot of good work around talking therapies and mental health problems in the workplace. I'm really proud to be working for them."



For many years, despite refusing food and forcing herself to be sick after meals, Olivia never thought she had a serious mental health problem
Picture posed by model

NATION UNITES TO MARK WORLD MENTAL HEALTH DAY

The **Change Is Possible** appeal was well and truly in the spotlight this week as the nation came together to mark World Mental Health Day.

Having launched our campaign in the **South London Press** and the **London Weekly News** titles just a few days earlier, Mind staff, volunteers and fundraisers joined other hardworking charities from across the UK to put mental health firmly in focus on Monday.

Celebrities, politicians and mental health 'survivors' united behind the cause as the topic took over television, radio and social media for 24 hours. The Duke and Duchess of Cambridge were among the high-profile public figures to show their support for better mental health as they met Mind volunteers during an event at the London Eye.

Prince Harry also made an appearance to hear from two

members of the charity's media team – Dan Farnham and Richard McGee – who had both overcome their own personal battles with mental illness.

"We will all experience pressure on our mental health at some point during our lives," said Prince Harry. "The more we accept that, the better we can help each other. Catching it and recognising it early saves lives. So it's time we ended the

shame around mental health – the fear of judgment that stops people talking or getting help."

Mind chief executive Paul Farmer said it was great news that the Royal Family were joining a "growing movement" in the fight against mental health stigma.

He added: "We all have mental health, and just like physical health, it is part of everyday life and needs to be looked after."

Our campaign total runs into thousands!

Our *Change Is Possible* campaign got off to a flying start at the weekend as a team of runners smashed through the pain barrier to reach the appeal's first milestone target.

Dedicated fundraisers strapped on their running shoes and raced round central London to complete the Royal Parks Half Marathon – all in the name of our mental health appeal.

A total of £3,121 was raised during the event as our *Change Is Possible* runners tackled the 13.1-mile course for charity.

It means we have already broken through the first fundraising target for our appeal, which aims to raise essential cash for Lambeth and Southwark Mind.

The charity works to provide treatment and support services for some of South London's most vulnerable people.

Our campaign has already raised enough money to fund one of the charity's peer support groups for three months.

The service provides regular opportunities for people living with or recovering from mental health problems to share their experiences with others and stay healthy together.

Ajay Khandelwal, Lambeth and Southwark Mind's chief executive, was among the runners who took on the half marathon challenge on Sunday. He raced around the course in a blistering time of 1hr 38mins.

"It was a fantastic event to kick off our appeal and I'm so proud of all our *Change Is Possible* runners for completing the course," he said.

"We have already had a great response to our campaign in the community and we hope the donations will continue to pour in now that we have got the ball rolling.

"I would like to say a huge thank-you to everyone who has supported so far. Your contributions are already making a big difference."

The 13.1-mile course began in Hyde Park before winding around Whitehall and the Strand and back to the finish line.

All seven of the Mind runners whizzed round in record time – some of them setting personal best times.

Ajay was joined by *South London Press* reporter Jack Dixon, as well as David Monk, Teddy Crane, Chloe McCulloch, Jane Hayes Greenwood and Chris Ng at the race on Sunday.

"I went off far too fast at the beginning and thought I would be paying for it by the end – but the buzz of the crowd kept me going during the tricky moments," said Jack, who was taking on his sixth half-marathon.

"I was delighted to get over the line for Mind – and I was especially glad for the roast dinner waiting for me at home."

Do you have a fundraising idea that could help support our mental health campaign? Contact South London Press reporter Jack Dixon on 07973 565078 or email jack@londonweeklynews.co.uk



Runners take on the Royal Parks Half Marathon at the weekend – with our *Change Is Possible* campaign among the beneficiaries

Picture: Royal Parks Foundation Half Marathon/rbcreate



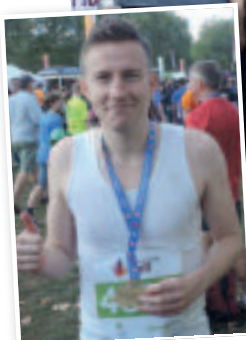
Mind charity runners Teddy Crane, left, Chloe McCulloch and Ajay Khandelwal



Celebrity runners including Jo Wiley, Ben Fogel and Sophie Raworth on race day

Picture: Royal Parks Foundation Half Marathon/rbcreate

South London Press reporter Jack Dixon, left, after completing the challenge – and boosting the campaign fund



RUNNERS' TIMES

David Monk - 01:35:39
 Ajay Khandelwal - 01:38:58
 Jack Dixon - 01:45:04
 Teddy Crane - 02:01:12
 Chloe McCulloch - 02:01:15
 Jane Hayes Greenwood - 01:51:19
 Chris Ng - 02:16:43



THE COLLABORATIVE

Lambeth and Southwark Mind is a member of the Collaborative – a group of service users, GPs, providers and commissioners working in partnership to co-produce services for people experiencing mental distress across the borough

Campaign mission to tackle stigma

Our *Change Is Possible* campaign aims to promote and protect good mental health for everyone in South London, helping to shape a community that makes sure people with experience of mental health problems are treated fairly, positively and with respect.

The *South London Press* and Lambeth and Southwark Mind are committed to raising awareness about the complex mental health problems that many people in our community face, and working together to expand and improve the range of support available.

We aim to put a stop to the stigma around mental health – at home, at work and at school – and to break down the barriers that prevent people from seeking help.

Funding drive's up and running

£3,121

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HOW YOU CAN BE INVOLVED – AND HELP OUR CAMPAIGN

If you would like to support our *Change Is Possible* campaign, there are several ways to get involved...

Share your story

Do you have personal experience of living with mental health problems? Has a friend or family member been affected? Your story could help

inspire others to donate towards our campaign – and make a lasting difference to many lives.

Help us fundraise

Could you support our appeal by organising a fundraising event or setting yourself a sponsored challenge? Every penny could be crucial in

helping us reach our campaign targets.

Donate to our campaign

To make a donation to our appeal, you can visit the dedicated website www.givey.com/changeispossible Alternatively, you can write to Lambeth and Southwark Mind, 4th floor, 336 Brixton

Road, London, SW9 7AA. They will be pleased to help you support the campaign.

● For more information about getting involved with our campaign, please contact *South London Press* reporter Jack Dixon on 07973 565078 or email him at this address: jack@londonweeklynews.co.uk

A tale of two sisters – welcome

BY GEOFF BAKER
geoff@londonweeklynews.co.uk

IF Buckingham Palace, Windsor Castle, Kensington Palace and Clarence House are not yet rigged up to get Netflix, you can bet that they will be by November 4 when the American channel begins screening *The Crown*, the new *Downton Abbey* which is set to become the television sensation of this year, next year and for the following four years after that.

The Windsor family saga, which traces the life of the Queen from her wedding in 1947 up to the present day, is expected to dominate television viewing for the best part of a decade as the story of the most famous woman in the world is meticulously dramatised at a level never seen before.

With a budget of £100 million, *The Crown* is expected to sweep the board at the BAFTA and Emmy awards for years to come.

“The Crown focuses on Queen Elizabeth II as a 25-year-old newlywed faced with the daunting prospect of leading the world’s most famous monarchy while forging a relationship with legendary Prime Minister Sir Winston Churchill,” says Netflix.

“The British Empire is in decline, the political world is in disarray, and a young woman takes the throne – a new era is dawning.

“Peter Morgan’s masterfully researched scripts reveal the Queen’s private journey behind the public facade with daring frankness.

“Prepare to be welcomed into the coveted world of power and privilege – and behind locked doors

in Westminster and Buckingham Palace, the leaders of an empire await.”

It is bound to make major international stars of Claire Hoy, as the Queen, and Matt Smith, as Prince Philip.

But the dark horse to become a massive star is Vanessa Kirby, who plays Princess Margaret.

As it was in real life, the glamour, intrigue and “scandal” of the series will be the sidebar story of the Queen’s late sister, the witty, sparkling princess with the 18-inch waist who had smoked from the age of 15 and who grew up to be irresistibly charming to men.

From her early love affair with Group Captain Peter Townsend and the heartbreak she endured as their hoped-for marriage was forbidden by the Church – despite the overwhelming popularity with the public of a union – to the colourful claims of her friendships with movie stars including David Niven, Peter Sell-

ers and Warren Beatty, Princess Margaret was the people’s pin-up at the palace through the 1950s and 1960s, a fan of The Beatles and a glamorous style queen whose impeccable sense of fashion influenced a generation.

The American writer Gore Vidal, an acquaintance of the princess, wrote of her: “She was far too intelligent for her station in life.”

Vidal recalled a conversation with Princess Margaret in which she discussed her public notoriety and said, with self-deprecating humour: “It was inevitable: when there are two sisters and one is the Queen, who must be the source of honour and all that is good, while the other must be the focus of the most creative malice, the evil sister.”

As *The Crown* explores the tale of two sisters, one hemmed by duty, the other free-spirited, this most royal of sagas is tipped to become compulsive watching for millions, including the Royal Family.

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Chelsea Sports Centre	Chelsea Manor Street	Chelsea	SW3 5PL
Avonmore Lib. & Neighbourhood Ctr	North End Crescent		W14 6TG

Fulham Chronicle pick up points		
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Hammersmith CHRONICLE pick up points			
The Grove Neighbourhood Centre	7 Bradmore Park Road	Hammersmith	W6 0DT
Hammersmith Library	Shepherd's Bush Road		W6 7AT

Shepherd's Bush CHRONICLE pick up points		
Westfield Library	6 Wood Lane	W12 7BF
Askew Road Library	87-91 Askew Road	W12 9AS



The Crown stars Claire Hoy as the Queen, John Lithgow as Winston Churchill and Vanessa Kirby as Princess Margaret. Below, young marrieds Princess Elizabeth (Claire Hoy) and Prince Philip (Matt Smith) are greeted in Kenya

to the TV show of the decade



Princess Margaret, the Queen, Prince Philip, Queen Mary and Queen Elizabeth the Queen Mother (Vanessa Kirby, Claire Hoy, Matt Smith, Eileen Atkins and Victoria Hamilton)



Left, Prince Philip (Matt Smith) plays with a young Prince Charles



Princess Margaret (Vanessa Kirby) goes riding



Wedding bells for Claire Hoy as Princess Elizabeth, here with Jared Harris as George VI



Above, in Kenya, Princess Elizabeth (Claire Hoy) learns that she is to be Queen. Right, the Queen (Claire Hoy) waves to her adoring subjects



Capital nights

gigguide

Compiled by Jack Dixon



Goat

The Coronet, Elephant & Castle
Tuesday October 18

Mysterious Swedish tribe famous for festival thrills and riotous roadshows. The reclusive band – no-one is quite sure who they are or where they come from – are seen only in elaborate costume, the perfect foil for an explosive live show. This is the sort of show treasured venues like The Coronet were made for.



Richmond Fontaine

The Garage, Islington
Friday October 21

Yank country rockers who specialise in sombre bar-room laments and slide-guitar sorrow. Currently touring their final ever album after announcing their impending split after more than 20 years together. This Islington show is likely to be the last chance to catch the Portland, Oregon, group in London.



Buzzcocks

Roundhouse, Camden
Friday October 21

Beloved post-punkers who summed up the spirit of a generation with their iconic teenage tantrum *Boredom* back in 1977. They are remarkably still going after almost 40 years on stage – founding member Pete Shelley leads the band's current incarnation. Touring with all the intensity of a group half their age, Buzzcocks are still a sight to behold.

FOR almost 20 years they were seen as the great British underdog band; the perennial no-hopers swimming against the tide, always frustratingly out of shape with the mainstream mould of the time. Elbow – and their somewhat clunky choice of band name didn't help – were proof that nice guys finished last.

But someone was looking down on the Bury boys, after all. Or so it seemed when the stars aligned for their unmissable breakthrough album *The Seldom Seen Kid*, a record of such timeless majesty it was bound to become a sure hit no matter what the rules of the zeitgeist prescribed.

Encapsulated by the soaring *One Day Like This* – a track that would go on to be name-dropped by dozens of Desert Island Discs – the album was a springboard. In an instant, Elbow were propelled from obscurity to stardom. But how does a band so used to skimming under the radar maintain its mystique in a field overflowing with acts claiming to be the next big thing?

To their credit, Elbow never tried to play up to their new-found rock-royalty status. The band, led by the friendly giant singer/songwriter Guy Garvey, pandered only to their

own interests as musicians.

Two hit albums have followed since *The Seldom Seen Kid* landed in 2008 – and Elbow are due to return with album number seven next spring.

A triumphant trio of shows at the Hammersmith Apollo will follow the album's release in March.

It will be a venue well suited to Elbow's stadium-sized sound – a far cry from the backstreet bars of the band's early days.

And the tour will see Elbow back together again – minus drummer Richard Jupp, who announced his departure in March – following Garvey's solo exploits. "As lovely as it is being the boss, you have no-one to bounce ideas off that has a vested interest in your idea being the right one," says the singer, who released his own *Courting The Squall* album last year.

"When I'm sitting in a room with Elbow, everything's talked about. We could co-produce a cup of tea." Recently married to actress Rachael Stirling, Garvey has had no time to enjoy the honeymoon period with his new wife. Instead he's

been on the road in support of *Courting The Squall* and entrenched in curating London's Meltdown Festival on the Southbank.

Despite the departure of Jupp, Elbow remain a tight-knit unit – with brothers Mark (guitar) and Craig Potter (piano, keys) at the centre. Bass player Pete Turner is the other member of the band.



Elbow will follow the release of their new album with a trio of shows at Hammersmith in March

Often talked about as the nice guys of rock'n'roll, Elbow are now every bit the household name.

As much a part of our national culture as Mick and Keith – their triumphant musical idiom was used

as the theme for the BBC's coverage of the London Olympics in 2012 – the final four are entering the golden years of their already-illustrious careers.

Elbow's rise to fame was such an unlikely one, it's hard to predict where the next twist in the tale will take them. But having ascended from the bottom to the top, Garvey and co are better equipped than ever to tackle the changing tide.

Elbow will perform at the Eventim Apollo in Hammersmith on March 4, 5 and 6.

Gearing up for Elbow at Eventim Apollo
by Jack Dixon

Woe for music fans as iconic festival is a 50-minute sell-out

IT'S official. Glastonbury is a sellout once again. This time it took just 50 minutes for all the tickets to disappear – leaving London's music fans grumpier than ever.

Social media was buzzing with angry posts last weekend as organisers were left apologising to ticket hopefuls for the crushing disappointment of missing out yet again.

Thousands were greeted to the message "Sorry, this site is currently unavailable" as they logged on at 9am last Sunday in a bid to snap up tickets.

Festival organiser Emily Eavis – daughter of landowner and Glastonbury saint Michael – thanked fans for their "huge support" and commiserated those who had missed out.

But it will mean thousands of Londoners will be left looking for alternative summer plans in the city after the disappointment of not making the cut.

Tottenham-born Adele was the star of last year's show, with an incredible Saturday-night performance that will go down in history as one of the festival's greatest solo sets.

Organisers have remained



Social media was buzzing with angry posts after the Worthy Farm extravaganza sold out – but at least those disappointed fans will avoid the mud
Pictures: Anna Barclay

tight-lipped about who might be in the running to headline in 2017, with the likes of Radiohead, Guns N' Roses, Kasabian, The Stone Roses, Rihanna and Lady Gaga all in the running.

But with the lucky few who do make it through the maelstrom of the ticket hunt forced to cough up almost £250 to book their place at the world's biggest party, it begs the question: is Glasto still worth it?

There is now a wealth of other festivals lighting up the summer

months – including dozens of events in London that should tempt music fans who missed out on Glastonbury this year.

The summer just gone witnessed several weekends of top entertainment in the capital – from Citadel in Victoria Park to Caught By The River Thames at Fulham Palace.

Next year, Glastonbury may find some of its loyal followers walking away from Worthy Farm and heading straight to London.



Capital nights

WITH my show titles I attempt to become the Ronseal of comedy – they do exactly what they say on the tin. So says Geordie comic Ross Noble, who brings his latest laugh-a-minute routine *Brain Dump* to the Hammersmith Apollo next month.

“This is me dumping all the stuff that’s in my head into a theatrical context.”

He revealed in a recent interview that the title actually came from a scathing Amazon review for one of his previous DVDs. Describing the comedian’s scatter-gun approach as a “brain dump” was supposed to be an insult – but Noble took the words as a compliment.

“I thought ‘What a good description of what I do’. I think it’s a positive, a celebration, so I’ve called it that.”

Having recently turned 40, Noble is well practised in the art of stagecraft. But despite his years of experience, he maintains a childlike approach to comedy.

He never over-prepares, he doesn’t worry about drifting off topic or fluffing his lines. For Noble, a stand-up show is a blank canvas, every night a unique experience.

Brain Dump is Noble’s 15th tour since 1999. You’d think he’d be running out of things to talk about by now – but he remains full of beans, his wide-eyed excite-

**Comedian
Ross Noble
will be
appearing
at the
Apollo
next
month**



ment at the simple beauty of conversation still shining through. “It’s just getting everything out and into the room – and as soon as it’s out, space becomes available and it gets restocked,” he told *The Scotsman* ahead of the start of his latest UK tour.

“It makes me laugh when people ask if I ever worry about running out of things to talk about. As if there’s a finite amount of thought or information. It’s more about whether I can handle the information as op-

posed to whether or not there’s stuff in there.”

Noble is famous on the circuit for his rambling monologues, often marauding miles off topic before boomeranging back to the thrust of his often-nonsensical main point.

It may not be a masterclass in spinning the perfect argument – but Noble is an engaging speaker all the same.

Audiences around the world have picked up on it, too. While he’s relatively lesser

spotted when it comes to the traditional stomping ground of the UK comic – he’s appeared from time to time on *Have I Got News For You* and *QI* but generally steers clear of panel shows – Noble’s tours are legendary and long. He also crams his DVDs full of extra material, rewarding dedicated fans who choose to stay the course.

As a young man, Noble’s plan was to join the circus. A natural clown, he taught himself to juggle and unicycle and began a busking career with a friend in Newcastle, close to his hometown of Cramlington. It was only when he went to see a comedy show at the age of 15, he told *The Big Issue*, that he realised stand-up was what he was born to do.

Less than three years later, armed with a collection of his own sketches, Noble had joined the comedy circuit and was living in London. Theatre and performance was Noble’s way of making sense of the world.

“The world opened up to me very quickly – it was like ‘Bang!’,” he says.

“My friends were at school being told ‘Oh, you have to be practical, you have to make your way, you can’t just be a dreamer’. At the same time a lightbulb was going on over my head telling me, actually, that’s all bulls***. You just need to crack on with life.”

Ross Noble is performing at the Eventim Apollo in Hammersmith on November 16 and 17.

Sell your car to get a ticket for Van Zandt gig

BACK in 1983, long before he became famous as mob consigliere Silvio Dante in *The Sopranos*, Steve Van Zandt fronted a rhythm and soul blues tour of the UK that connoisseurs of excellence still cite as some of the best gigs ever performed.

At that time, Miami Steve – as he has long called himself – was best known for being the guitar sideman to Bruce Springsteen.

But when he performed in his new incarnation as Little Steven & The Disciples Of Soul at his 1980s shows, the founder and producer of Southside Johnny & The Asbury Dukes carved a legend for himself with those who know that there are only two types of music, good music and bad music, and that the great majority of music is by far the latter.

At a time when the size of that majority has engorged to be now overwhelming, if not omnipresent, there is welcome news for the tiny minority who have taste – Little Steven & The Disciples Of Soul are returning to play their first London show in 26 years.

Van Zandt, still a stalwart of Springsteen’s touring E Street Band, will perform at Indigo2 at The O2 on Saturday October 29, as the final act confirmed for this year’s BluesFest.

The quality of the show, likely to feature Little Steven classics including *Inside Of Me*, *Angel Eyes*, *Lyin’ In A Bed Of Fire*, *I’ve Been Waiting*, *Pretoria*, *No More Parties* and *Sanctuary*, will fly way over the heads of most concert-goers.

But those blessed with the ability to be



Steve Van Zandt, still a stalwart of Bruce Springsteen’s touring E Street Band, is playing The O2

discerning will be rewarded with a first-class experience of the cream of rock-n’roll.

For once, a spokesman is right on the money when BluesFest director Leo Green says: “We feel honoured to have been able to add Little Steven & The Disciples Of Soul to the BluesFest line-up.”

Sell your car to get a ticket – you will not have a better night this year or, probably, for many years to come.

“Once in a lifetime” is a hoary phrase too frequently whored in its application to inconsequential rubbish – but on this occasion it is entirely applicable, the messiah is back.

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World agrees, Lucy's a heroine

BY JACK DIXON

jack@londonweeklynews.co.uk

DONATIONS from around the world have helped a heroic mother-of-three raise more than £1,000 for her elderly neighbour after the cash appeal became an international sensation – and now celebrities are lining up to show their support.

Good Samaritan Lucy Ashen, 39, spent almost two weeks cleaning her neighbour's "horrific" one-bed flat in Fulham and has been collecting donations of clothing, furniture and household items.

The heartwarming story went global when Ms Ashen began posting about her experience online.

She referred to herself as 'Lucy Locket' and her neighbour, who has mental health problems and cannot be identified, as 'My Lady' on Facebook.

Ms Ashen is continuing to provide daily assistance with household chores and even helped give the woman her first bath for 13 years.

But now strangers from as far away as New Zealand and the USA are chipping in, with stars from the music world also lending their support.

More than £1,000 has been raised for Ms Ashen to take the elderly woman on a trip to Brighton.

Kind-hearted strangers have even organised a signed photo-

graph from the woman's favourite singer, Tommy Steele.

The story has also been shared by chart-topping rapper Akon, who posted a web link to the page on social media, adding: "She opened her door to a woman who opened her heart."

Ms Ashen said the photograph of Tommy Steele, which was organised by a friend who happened to be on tour with the singer, had been given pride of place on 'My Lady's' mantelpiece.

She added: "She is absolutely over the moon with it and she immediately began talking about how much she loves his music and when she went to see him when she was younger."

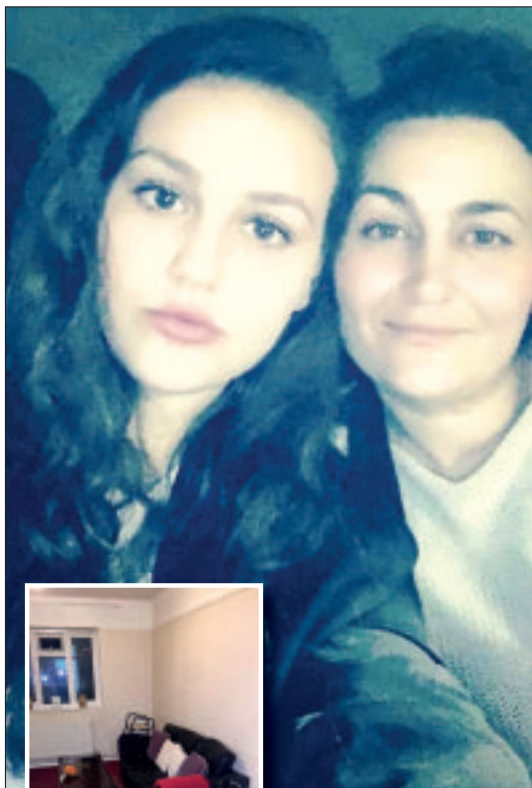
Ms Ashen, who has lived in Fulham all her life, had tried on several previous occasions to help her neighbour but had been turned away.

She was finally allowed into the flat at the end of August and began cleaning immediately.

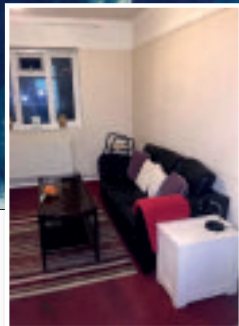
She said she found a scene of "indescribable filth and squalor" and spent the next 11 days cleaning the flat.

Ms Ashen has been keeping 'My Lady' company ever since, helping her in and out of bed and organising her doctors' appointments.

The story prompted donations from the Hammersmith



Lucy Ashen, pictured above right with her daughter Ruby, helped her 76-year-old neighbour who was living in squalor in Fulham, transforming her home, left



and Fulham food bank and the Tesco supermarket in Kensington, while the appeal has even reached as far as the USA, Thailand, New Zealand, Portugal and Spain.

The donation that tipped the appeal over the £1,000 mark came from a lady in Peru.

"I think it really touched a nerve with people. This could be your mum, this could be you. It could be me in a few years. She lived right under all our noses," Ms Ashen added.

"I think she appreciates it. I've been in her flat every day and my children have been in and out.

"She's coming out of herself bit by bit. She's been singing songs with my daughter Ruby."

Ms Ashen is now working with social services officers to organise repairs and renovations to the flat.

She added: "When I first saw the flat I was angry. This lady was defenceless and helpless. She had nobody and didn't have the mental capabilities to ask for help.

"The good thing about this is that it's bigger than her or me or anything. It raises awareness of mental health and elderly isolation."

For more information about the appeal, visit www.gofundme.com/myladyandme

MP's digital data appeal

KENSINGTON MP Victoria Borwick has called for patients to be able to access a digital record summarising their medical history to give more accurate diagnosis and treatment and cut the number of deaths.

Ms Borwick, who has been working with Secretary of State for Health Jeremy Hunt to promote the use of digital data in hospitals, was speaking at a Policy Exchange event at the Conservative Party conference.

The event was chaired by Sophy Ridge from Sky News and explored how digital technology can transform public services.

Ms Borwick said: "My aim is quite simple – to reduce the number of deaths in the health service."

She added: "If you accessed your own health records then you would be far more in control of your own body and your own treatment.

Technically, you do own your health records and they are kept in trust for you by the Secretary of State for Health.

"However, most of us rely on the GP's systems to keep a record, or the different system at a hospital and if we have the misfortune to have an accident elsewhere, our care is due to the medics best endeavours as they have no record to any of the basic information – even your blood group or any vital allergies.

"Getting an instant record, or having your own instant record of your medical history improves your care, and gives a more accurate diagnosis and treatment.

"This is a crucial step in the integration of NHS and Social Care, the empowerment of patients and carers, the accuracy of diagnosis and treatment, patient safety and quality of care."

The MP added: "If you have ever found yourself having to repeat your treatment or diagnosis history for yourself or a loved one at every step of the care pathway, this should now become a thing of the past.

With 97 per cent of GPs now able to give patients a digital Patient Record, we are moving to your being able to record and track your own or a loved one's healthcare on your PC, smartphone, or iPad, just as you can your online bank statement, flight booking or telephone usage.

"This is possible, we now need to make it happen."

Jeremy Hunt announced earlier this year that instant digital records will be trialled in twelve hospital trusts which will receive up to £10 million funding to become global digital centres of excellence.

Refugee plea

HAMMERSMITH MP Andy Slaughter has pressed cabinet ministers to do more to help refugee children living in the Calais 'jungle' camp.

Addressing Home Secretary Amber Rudd in the House of Commons, he accused the Government of "dallying" on the issue.

Ms Rudd said Home Office officials would work particularly closely with Hammersmith and Fulham council to find homes for children in the borough.

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CONSTRUCTION work could begin in a year's time on a new learning and play centre for disabled children in Hammersmith and Fulham.

Plans are due to be submitted for a £6 million facility at Queen's Manor Primary School in Fulham.

And if approved building work could get under way on site by October 2017.

Open throughout the week, including evenings and weekends, the centre has been designed as a "hub" for all children with disabilities.

Hammersmith and Fulham council, which is stumping up the seven-figure sum to cover the cost of the project, says the building will become "a space for children to safely

play as well as a key support for parents in need of information and advice".

Blueprints for the new centre include specialist provision for children under five, fully equipped play areas, after school clubs and health services.

The proposals also include rebuilding the school's support unit for pupils with special educational needs.

The council is surveying residents for their views before pressing ahead with the scheme.

The plans will be on display at the school in Lysia Street today (Tuesday October 18) between 9.15am and 11.15am, and on Thursday October 20 between 6pm and 8pm.

■ THE London home in which Sir Winston Churchill lived and died has been put up for sale for nearly £23 million.

Churchill passed away at 28 Hyde Park Gate after suffering a stroke at the age of 90 in 1965.

He moved into the Kensington home with wife Clementine after leaving Downing Street in 1945 when Labour won the General Election. The couple moved back to Number 10 in 1951 when Churchill once again became Prime Minister but returned to Hyde Park Gate in 1955.

Strutt & Parker has described it as an "exceptional and very special" seven bedroom family home, situated on a "prestigious and sought-after street". Hyde Park Gate is one of the most prestigious roads in the capital. Previous residents on the narrow street, which is opposite Kensington Gardens, include Robert Baden-Powell, Nigella Lawson and Virginia Woolf.



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Talk of the town

FRANCES Ruffelle, darling of the West End, will lead the cast for Michael John LaChiusa's *The Wild Party*, the inaugural production at The Other Palace, formerly St James Theatre, when it reopens in February as the newest addition to The Really Useful Theatre Group and a home for new musical theatre, *writes Nicky Sweetland*.

In its first major London production, *The Wild Party* will star the Tony Award-winning actress and be directed and choreographed by 2016 Olivier Award winner Drew McOnie.

Set against a backdrop of Manhattan decadence and 1920s excess, *The Wild Party* tells the story of Vaudeville showgirl Queenie and Vaudeville clown Burrs, whose relationship is marked by vicious behaviour and recklessness.

In an attempt to salvage their toxic union, they decide to throw a party to end all parties.

The guests are a vivid collection of the unruly and the undone – a cocaine-sniffing bisexual playboy, a washed-up boxer, a diva of indeterminate age, a fresh-faced ingenue and a handsome Valentino who catches Queenie's roving eye.

The gin-soaked party rages to a mounting sense of threat, as artifice and illusion are stripped away.

But when midnight debauchery turns into tragedy, the revellers must sober up and face reality. After all, no party lasts forever.

Ruffelle, who will play Queenie, is perhaps best known for originating the role of Eponine in *Les Misérables* in the West End and on Broadway, winning a Tony Award for her performance.

Her many other stage roles include Dinah in the original company of Andrew Lloyd Webber's *Starlight Express* (West End), Roxie Hart in *Chicago* (West End), Frastrada in *Pippin* (Menier Chocolate Factory) and the title role in *Piaf* (Leicester Curve).

She has recorded four solo albums and performed her solo shows at the Menier Chocolate Factory, the Garrick Theatre, the Crazy Coqs and New York's 54 Below.

Ruffelle said: "I discovered the amazingly edgy, jazz-infused score to *The Wild Party*

about 10 years ago. Many West End producers have tried to get the rights with no success – but luckily for me, composer Michael John LaChiusa was in the audience when I was performing my solo show in New York.

"We were introduced after the show and I asked him why the show hadn't been seen in London. He just said 'You are my Queenie, it's yours'.

"It really is a dream come true and I'm now working hard preparing for a role that I know will be demanding but hugely rewarding."

The Wild Party will be directed and choreographed by Drew McOnie, who received the 2016 Olivier Award for best theatre choreographer for his work on *In The Heights* (King's Cross Theatre).

McOnie will direct and choreograph the European premiere of Baz Luhrmann's *Strictly Ballroom* at West Yorkshire Playhouse this Christmas. Other recent choreography credits including *Jesus Christ Superstar* (Regent's Park Open Air Theatre), *Bugsy Malone* (Lyric Hammersmith), *The Lorax* (The Old Vic) and *Oklahoma!* (UK tour).

McOnie is also artistic director of The McOnie Company, for which he recently created a new dance-thriller version of *Jekyll & Hyde* at The Old Vic.

Based on Joseph Moncure March's narrative poem of the same title, *The Wild Party* originally opened on Broadway in 2000 with a cast including Toni Collette, Mandy Patinkin and Eartha Kitt.

The production received seven Tony Award nominations, and a Grammy Award nomination for LaChiusa.

LaChiusa is one of the most prolific writers for the American musical stage, with works including *Hello Again* (1994), *Marie Christine* (1999), *The Wild Party* (2000) and *See What I Wanna See* (2005).

He was nominated for Tony Awards for his book and score for *The Wild Party* and *Marie Christine*, and for his book for *Chronicle Of A Death Foretold*.

The Wild Party will run at The Other Palace from Saturday February 11 to Saturday April 1.

For more details, see theotherpalace.co.uk.



Potter star in return to stage

HARRY Potter star Daniel Radcliffe, pictured, will make his return to the London stage early next year, when he will star in a new production of *Rosencrantz And Guildenstern Are Dead* at The Old Vic.

The actor, who caused a stir when he made his London stage debut in Peter Shaffer's *Equus* almost 10 years ago, will portray one of the famed titular characters, Rosencrantz, opposite *Love, Nina's* Joshua Maguire.

Half a century after its premiere on The Old Vic stage, *Rosencrantz And Guildenstern Are Dead* – the play that made a young Tom Stoppard's name overnight – returns to The Old Vic in its 50th anniversary celebratory production.

Against the backdrop of Shakespeare's *Hamlet*, this mind-bending situation comedy sees two hapless minor characters, Rosencrantz and Guildenstern, take centre stage. Increasingly out of their depth, the young double act stumble their way in and out of the action of this iconic drama. In a literary hall of mirrors, Stoppard's brilliantly funny, existential labyrinth sees us witness the ultimate identity crisis.

Rosencrantz And Guildenstern Are Dead is part of the exciting season announced by The Old Vic's artistic director Matthew Warchus.

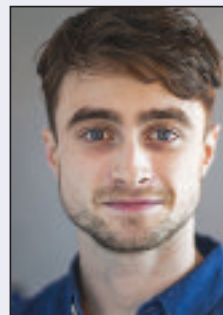
He said: "For almost 200 years people have come together at The Old Vic to watch and listen to stories. Hundreds of thousands of people had their first experience of theatre in this building. Look at this country's leading theatre, dance and opera companies and chances are there's a thread to be found that leads you back to The Old Vic. It has been the cradle of British theatre, nurturing the companies, showcasing creative vision and building the audiences that together make our performing arts some of the greatest in the world.

"At The Old Vic we believe that stories are indispensable – that people of every age, from every walk of life and background, sitting together watching a story unfold has a hugely positive personal, social, political and cultural effect. I am proud to be announcing these very different shows at The Old Vic. They round out my second season in which we continue to promote this iconic building as a gateway for as wide a range of people as possible to experience the breadth of what theatre can be and do."

The programme also sees – along with the previously announced new version of *Woyzeck* by Jack Thorne, starring John Boyega – *Girl From The North Country*, written and directed by Conor McPherson and with the songs of Bob Dylan, which will open in July. Later in 2017 the Olivier-nominated *Dr Seuss' The Lorax* returns by popular demand.

The Old Vic has also announced an exciting additional programme which includes *Lates At The Old Vic*, *One Voice*, a series of new-writing monologues, a range of family activities and performances, and the ongoing *Voices Off* series.

Rosencrantz And Guildenstern Are Dead will begin previews at The Old Vic on February 28. For more details, visit oldvictheatre.com.



Talk of the town



SOUTHWARK Playhouse will present the London premiere of one of the most underrated and yet best-loved Broadway musicals of all time, later this month, *writes Nicky Sweetland*.

Sideshow by Bill Russell and Henry Krieger, became a cult classic following its first outing on the Great White Way back in 1997 and garnered critical acclaim with four Tony nominations. The musical was revived on Broadway in 2014 and, although it only performed a short run, the production encouraged a new young audience to become fans of the heart-warming story.

The musical, which is based on the real life Hilton sisters, who became stars of the 1930s vaudeville circuit, will open at the south London venue on October 26 and star two of the most celebrated leading ladies of the West End, Louise Dearman and Laura Pitt-Pulford.

Pitt-Pulford was nominated for an Olivier award for her performance in the glorious *Seven Brides for Seven Brothers* at Regents Park Open Air Theatre last year and has also appeared in *Hello Dolly*, *Parade* and *The Sound of Music*.

Dearman is perhaps best known for being the only actress in history to have played both leading roles in the smash hit musical *Wicked*. She has most recently, however, been heard across the airwaves as a regular on BBC Radio 2's *Friday Night is Music Night*.

The pair play a set of conjoined twins called Daisy and Violet, who are forced into the limelight from a young age and whose lives are filled with a desire for acceptance in a world where they are branded as freaks.

The dazzling duo took a break from rehearsals, to tell me a bit about their characters and the impact they hope the show will have on fans of the musical and newcomers to the story, which starts when the twins are in their late teens.

Laura, who plays Violet, said: "Violet is a bit of an introvert. Daisy is quite an extrovert and wants fame; she wants to be loved, to be a star, but Violet wants the normal life, whatever normal is, which we are beginning to discover as we get further into rehearsals. She wants to get married and have the perfect home and the perfect family, but they each sacrifice something for the other along the way."

Louise plays the more outgoing twin who, as the sisters get older and more successful, enjoys the limelight and encourages Violet into the competitive world of show business.

"Daisy is a very interesting character. She's got a very strong personality, which is kind of weird," said Louise.

"Of course they've led a very sheltered life. They've been kept away from social groups and hidden. They've only really been brought out to be paraded in front of people in these sideshows, these freak shows."

The show tackles issues of social acceptance and tolerance - issues which are infinitely applicable to the modern society in which we live



A lot of the show is about loving and accepting yourself

and does so through a score, which is famous amongst musical theatre fans the world over.

Louise said: "I've been a fan of the show and the original cast recording with Emily Skinner and Alice Ripley since I was 17-years-old. I knew the songs well and the show had a huge cult following."

I Will Never Leave You and *Who Will Love Me as I Am* are both very popular songs and people who love musical theatre tend to know those two. Hopefully with this production we go much deeper than that and it's not just about going out there and blasting out these huge notes."

Laura said: "Dealing with being different is, I guess, what the show talks about."

Although the show features many colourful and interesting characters from the world of circus and carnival, it's both the psychological and physical bond between the two sisters, which forms the basis of the story.

In reality, performing a full musical, while your midriff is attached to your co-star does have practical problems and the girls have had to learn ways in which to move together. Keen eyed audience members will notice that they always start off from the same foot.

Laura said: "It's really difficult and it takes a lot of getting used to. We've got something that keeps us together, so we've got something that conjoins us, but I honestly didn't expect it to be so bizarre. Instinctively I'll go to move away from someone, but I have to check with Lou if that's going to be okay."

Louise added: "It has been really difficult and we have a very interesting pair of spanx each, which are joined together, but we're getting more used to it now and it's becoming weirdly easy."

"Weirdly normal!" they say in unison.

It seems as if they have mastered moving together and even talking at the same time, but how is it singing in such close proximity with the other performer?

Laura said: "There's actually something magical about it, although it sounds a bit clichéd, but two women boldly standing together and fighting is always quite something to see, to act and perform."

"Lou's just a total dream, can you imagine if we didn't get on? It would be awful. I thank my lucky stars that it's Lou, because she's such a grounded human being and very open to compromise, which is so necessary, but it's quite empowering when we get to sing those duets."

Finally, I ask the talented twosome, why they think theatregoers should make the trip to Southwark Playhouse to see *Sideshow*.

Laura said: "Hopefully, people will walk away from watching the show feeling differently about how we perceive and judge other people. A lot of what we touch on in the show is about loving yourself and accepting yourself. What we

now see as compromise and sacrifice was on a whole different level for these girls."

Louise added: "I think it's going to be real experience for both us on the stage and for the audience watching."

Sideshow starts previews at Southwark Playhouse on October 21 - <http://southwarkplayhouse.co.uk>



Louise Dearman



Laura Pitt-Pulford

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Talk of the town



SHORTLISTED for the inaugural Theatre503 Playwriting Award in 2014, *The Acedian Pirates*, the debut play from Jay Taylor will have its premiere at the performance space above The Latchmere, on Battersea Park Road, later this month.

Billed as an epic play in a small setting, *The Acedian Pirates* takes place in a lighthouse and looks at the struggles of a unit of soldiers, who are desperate to return home. It attempts to challenge our understanding of mythology and force us to ask vital questions about military occupation.

Jay Taylor, pictured, said: "I wanted to write a play about war and occupation. It sort of started during the Arab spring and there was a lot of insurrection and civil unrest across the planet, but particularly across the Middle East and particularly involving western intervention in the very complicated matter of religious wars and territory."

Jay then set out to write a play about the very difficult conundrum of whether western countries should become involved in conflicts across the globe.

"I think there's a lot of mythology surrounding warfare and the way in which war

is conducted and I thought about the classic myth of Helen of Troy; the romantic escapade that ended in this war of honour and of heroes, with Achilles and Hector and all of the amazing stories that Homer wrote.

"I thought it would be quite interesting to take that story and put it in, not necessarily a modern setting, but definitely an updated borderline dystopia. I wanted to debunk the myth of having these idols, these holy grails and these people that we cherish.

"It's also about men's attitude to women, particularly in warfare."

Jay Taylor's tale will be brought to life by the stellar cast of Marc Bannerman, Cavan Clarke, Matthew Lloyd Davies, Sheena Patel, Rowan Polonski and Andrew P Stephen.

Taylor hopes the production will be intensely theatrical leaving the audience feeling slightly disturbed.

Jay said: "It's a black comedy. It's funny, it's dark and twisted and unusual."

The Acedian Pirates will run at Theatre503, The Latchmere, 503 Battersea Park Road, from October 26 – November 19. If you would like any further details, you can visit the website theatre503.com



Eastender Nigel takes up a new role in directing Berkoff



Nigel Harman directing *Lunch* at Trafalgar Studio 2

Photo by Marc Brenner

STAR of stage and screen, Nigel Harman, has directed a double bill of Steven Berkoff plays, which will open at Trafalgar Studio 2 this week, *writes Nicky Sweetland*.

The actor and director, who is perhaps best known for his portrayal of Dennis Rickman in *Eastenders*, has put together a stellar cast for the two one-act plays; *Lunch* and *The Bow of Ulysses*, which are relatively undiscovered. Harman is hoping to bring the material to a new audience and said: "They've rarely been done. I read them a few years ago and I was struck by how brilliant they are and how incredibly funny and quite dark.

"They look at the parts of relationships that we don't often examine or we don't wish to examine, the shadows or the inner monologue about your partner that is not always at its most generous. Berkoff does this incredible thing, where he puts it on the stage and shines a massive light on it."

The plays are being performed to-

gether as one piece on the extremely intimate stage at Trafalgar Studio 2.

"We're putting the two plays together, so it's an hour and ten minutes of blistering energy and neurosis which is biting funny," said Nigel.

"The audience is pretty much part of the action throughout and there's nowhere to hide."

A born and bred Londoner, Steven Berkoff, is often hailed as one of the most important playwrights of his generation. The language used in his work is often described as being quite vulgar and yet touching and, as both of the plays being presented examine the pain and the humour within the most intimate of human relationships, the production is likely to be a steamy affair.

Nigel said: "The British relationship with sexuality is generally very uptight. Things get tense within this piece, because it's really an exploration of the darker side of sexuality."

In the first of the two short stories,

entitled *Lunch*, audiences witness a couple meeting for the first time, on a bench in a park near the sea.

The second play features the same couple 20 years on as they tell each other, quite frankly, what they think about the other, while they look out to sea and the audience experiences, through them, the paradoxical isolation and partnership that comes after two decades of cohabitation.

Nigel tells me he is enjoying being a director (and not having to learn lines), but that he will be back on the stage at some point next year. He is also full of praise for Shaun Dooley (Broadchurch) and Emily Bruni (Peep Show), who will perform the double bill of two handers.

"It's a gift to direct Shaun Dooley and Emily Bruni really, I'm very, very lucky," said Nigel.

Lunch and *The Bow of Ulysses* previews at Trafalgar Studio 2 until November 5. If you would like any further details, you can visit the website www.atgtickets.com

Two weeks into my vegan diet and I have never felt so good!

WHEN I was first offered the opportunity to try veganism I was a little reluctant. I had heard all the usual horror stories about bland, boring meals and expensive substitutes. I was worried I wouldn't be able to stick it out for the two-week trial, let alone a lifetime, *writes Jack Dixon.*

But after a fortnight without a single meat or dairy product passing my lips, I can honestly say I have never felt so good.

It took a bit of effort to get into the swing of things at first and I will admit there were moments when I found myself craving a cheese toastie or an egg sandwich. But once the urges began to subside I could feel a sense of satisfaction with every meal. I couldn't believe how easily I had adjusted.

I had gone for the full vegan detox – that means no meat and no animal products. Burgers, hot dogs, bangers and mash were off the menu, and eggs, cheese, butter and ice cream went out the window too.

In their place I tried simple dishes, like soups with whole-meal bread, green bean risotto sprinkled with dairy-free cheese, and hummus and avocado salad as a lunchtime snack.

I soon found there were plenty of meals I didn't need to throw out of my diet. Instead, I could tweak and adapt them to fit my new lifestyle. Egg-based pasta, for instance, was a simple switch. I even kept my Sunday roast, minus the meat of course. And I challenge anyone to spot the difference between my vegan spaghetti bolognese and a line-up of meat-based versions.

But it was the little things that made the biggest difference for me – and demonstrated just how easily anyone could take the simple steps to improve their diet and gradually wean themselves off meat.

Swapping a pork pie for an apple as a mid-morning snack; binning the crisps in exchange for a vegan smoothie; even opting for a glass of water instead of that caffeine-loaded cup of coffee. All these tiny changes combined to make a huge difference to my mood.

Rather than flagging in the office, by 3pm I found myself fresh as a daisy and eager to get out for my evening run after work. Abandoning my everyday indulgences kept me alive and alert – mentally as well as physically.

Once I'd built up my confidence in the kitchen I was working healthy soups and salads into my daily routine, and I began making myself a pot of nuts, chia and flax seeds to nibble on during the working day.

Despite my reliance on a caffeine boost to kick-start each day, I have always been a breakfast man. I love my muesli, double toast and orange juice. So I was anxious to cut out the semi-skimmed milk on my morning cereal.



Vegan kickboxer Omowale Adewale thrives on a diet without meat and dairy products. Left: some of the vegan food samples on show at the VegFest UK event. Bottom of the page: reporter Jack Dixon after completing the recent Royal Parks Half Marathon

marathon I was running for charity when my vegan fortnight began. How would I cope? Would I run out of steam or hit the wall? In fact, I ran my personal best time.

For years I had assumed that protein derived from a high meat diet was key to sporting success – but it's just not the case.

Reading around the subject I discovered there were a whole range of champion athletes who keep to a strict vegan diet. Ultramarathon runner Fiona Oakes, powerlifting champion Pat Reeves, Paralympic rower David Smith and kickboxing legend Omowale Adewale, to name but a few. I even found vegan bodybuilders like Robert Cheeke who manage without meat.

As a big football fan – and an avid follower of Norwich City – I was surprised to find out that our skipper Russell Martin has recently switched to veganism.

It filled me with confidence to know that such high-profile sporting stars could make the lifestyle work for them.

At first the long list of 'must nots' was quite depressing to read. Lots of these things were my absolute favourites. How could I go without them?

But what I quickly found was that, with a little creativity, there are vegan alternatives to almost everything.

The stereotype that vegan diets are dull and unimaginative could not be further from the truth. Vegan food is growing in popularity across the UK and there are some adventurous chefs out there adding some truly inventive options to their menus.

Now I've got the taste for vegan food, I can't wait to get my teeth into some of the international options.

Freshly fried pad-thais, stir fries and sushi rolls for those with an Asian flavour; fried plantains, callaloes and stews when the Caribbean mood takes me. There are even vegan draught beers that I'm eager to sample.

It's clear to me now that it was merely the stigma around veganism that was holding me back before. Taking that simple step outside my comfort zone worked wonders for my health and my mood – and the overall culture is positive for our planet.

Vegfest UK London 2016 – the biggest vegan friendly festival in Europe – takes place at Olympia in West Kensington on October 22 and 23



I'll admit, I missed it to begin with. I tried a few different substitutes – rice milk, coconut milk. But it was soya that I eventually stuck with, and I haven't looked back since.

With the breakfast routine taken care of, my other main concern about the challenge was the impact on my physical activity. I like to keep fit and do plenty of running. I was actually coming to the peak of a rigorous training programme for a half

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Application form from:

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SE26 6PN
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www.office@thegrovecentre.org.uk

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Charity no. 112907

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Public Notices

Transport for London Notice

ROAD TRAFFIC REGULATION ACT 1984

THE GLA ROADS AND GLA SIDE ROADS (WESTMINSTER) RED ROUTE CONSOLIDATION TRAFFIC ORDER 2008 A4202 GLA ROAD (PARK LANE) VARIATION ORDER 2016

- Transport for London, hereby gives notice that it intends to make the above named Order under section 6 of the Road Traffic Regulation Act 1984.
- The general nature and effect of the Order will be to :
 - relocate the 67 metre bus stop on the western arm of A4202 Park Lane opposite Nos.64-80 by 45 metres north-westwards;
 - install a 30 metre coach parking bay on the western arm of A4202 Park Lane opposite Nos.64-70.
- The road which would be affected by the Order is A4202 Park Lane.
- A copy of the Order, a statement of Transport for London's reasons for the proposals, a map indicating the location and effect of the Order and copies of any Order revoked, suspended or varied by the Order can be inspected during normal office hours at the offices of:

<ul style="list-style-type: none"> Transport for London Streets Traffic Order Team (RSM/PI/STOT) Palestra, 197 Blackfriars Road London, SE1 8NJ 	<ul style="list-style-type: none"> WSP Parsons Brinckerhoff 10th Floor Westminster City Hall 64 Victoria Street London SW1E 6QP
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- All objections and other representations to the proposed Order must be made in writing and must specify the grounds on which they are made. Objections and representations must be sent to Transport for London, Streets Traffic Order Team, Palestra, 197 Blackfriars Road, London, SE1 8NJ quoting reference RSM/PI/STOT/TRO, GLA/2016/313, to arrive before 8th November 2016. Objections and other representations may be communicated to other persons who may be affected.

Dated this 18th day of October 2016

Mufu Durowoju

Network Impact Management Team Manager,

Transport for London, Palestra, 197 Blackfriars Road, London, SE1 8NJ

MAYOR OF LONDON



TRANSPORT FOR LONDON

Transport for London Notice

ROAD TRAFFIC REGULATION ACT 1984

THE A202 GLA ROAD (VAUXHALL BRIDGE ROAD, CITY OF WESTMINSTER) (TEMPORARY PROHIBITION OF TRAFFIC) ORDER (NO.2) 2016

- Transport for London hereby gives notice that it has made the above named Traffic Order under section 14(1) of the Road Traffic Regulation Act 1984 for the purpose specified in paragraph 2. The effect of the Order is summarised in paragraph 3.
- The purpose of the Order is to enable ducting works to take place on A202 Wilton Road.
- The effect of the Order will be to prohibit any vehicle proceeding directly from A202 Wilton Road into A202 Vauxhall Bridge Road. The Order will be effective at certain times from 10.00 PM on the 23rd October 2016 until 06.00 AM on the 27th October 2016 or when the works have been completed whichever is the sooner. The prohibition will apply only during such times and to such extent as shall from time to time be indicated by traffic signs.
- The prohibitions will not apply in respect of:
 - any vehicle being used for the purposes of those works or for fire brigade, ambulance or police purposes;
 - anything done with the permission or at the direction of a police constable in uniform or a person authorised by Transport for London.
- At such times as the prohibition is in force an alternative route will be indicated by traffic signs via: (for the closure of Vauxhall Bridge Road) Wilton Road, Victoria Street, Grosvenor Gardens, Lower Grosvenor Place, Bressenden Place and Vauxhall Bridge Road to normal route of travel.

Dated this 18th day of October 2016

Mufu Durowoju

Network Impact Management Team - Manager,

Road Space Management-Operations,

Transport for London, Palestra, 197 Blackfriars Road, London, SE1 8NJ

MAYOR OF LONDON



TRANSPORT FOR LONDON

MICHAEL AUGUSTINE ARNOLD-GILLIAT (Deceased)

Pursuant to the Trustee Act 1925 any persons having a claim against or an interest in the Estate of the above named, late of Nazareth House, Hammersmith Road, London, W6 8DB formerly of 14 Vernon Road, London, SW14 8NH, who died on 16/02/2016, are required to send written particulars thereof to the undersigned on or before 28/12/2016, after which date the Estate will be distributed having regard only to the claims and interests of which they have had notice.

Watson Marshall Incorporated by Owen White & Catlin LLP, 4 Castle Row, Horticultural Place, Chiswick, London W4 4JQ. Ref: JS/ILB/ARN2214/1 Attn: Jane Stenning

LINDA EVELYN DE FLON (Deceased)

Pursuant to the Trustee Act 1925 any persons having a claim against or an interest in the Estate of the above named, late of 9 Wheatfield Lane, Fulham, London, SW6 6LS, who died on 28/06/2016, are required to send written particulars thereof to the undersigned on or before 28/12/2016, after which date the Estate will be distributed having regard only to the claims and interests of which they have had notice.

Woodwards Solicitors LLP, 11 Harwood Road, Fulham, London SW6 4QP. Ref: 25/25704

NOTICE TO CREDITORS TO SUBMIT CLAIMS

W JONES & SON LTD In Members' Voluntary Liquidation (Company Number 06915838)

Registered office: 3rd Floor, 12 Gough Square, London EC2A 3DW
Principal trading address: 291 Westbourne Grove, London W11 2QA

Notice is hereby given that the creditors of the above named Company, which is being voluntarily wound up, are required to prove their debts on or before 31 December 2016, by sending their names and addresses along with descriptions and full particulars of their debts or claims and the names and addresses of their solicitors (if any), to the Liquidator at 1st Floor, Equity House, 128/136 High Street, Edgware, Middlesex HA8 7TT and, if so required by notice in writing from the Liquidator of the Company or by the Solicitors of the Liquidator, to come in and prove their debts or claims, or in default thereof they will be excluded from the benefit of any distribution made before such debts or claims are proved.

Note: It is anticipated that all known Creditors will be paid in full.

Office Holder Details: Melvyn Laurence Rose (IP number 2561) of Elliot Woolle & Rose, 1st Floor, Equity House, 128/136 High Street, Edgware, Middlesex HA8 7TT. Date of Appointment: 30 September 2016. Further information about this case is available from the offices of Elliot Woolle & Rose on 020 8952 0707 quoting MLR/5723 or at mlr@ewr.co.uk.

Melvyn Laurence Rose, Liquidator

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THE LONDON BOROUGH OF HAMMERSMITH AND FULHAM ROAD TRAFFIC REGULATION ACT 1984 THE HAMMERSMITH AND FULHAM (LYTTON HOUSING ESTATE) (OFF STREET CAR PARK) ORDER 20**

- NOTICE IS HEREBY GIVEN that the Council of the London Borough of Hammersmith and Fulham propose to make the above Order under section 32, 35 and 124 of and Part I to IV of schedule 9 of the Road Traffic Regulation Act 1984 as amended.
- The general effect of the Orders would be to enable the parking places and restrictions on waiting by vehicles (yellow lines) on the Lytton Housing Estate to be enforced under the provisions of the Traffic Management Act 2004. This means that Penalty Charge Notices could be issued by the Council's Civil Enforcement Officers to vehicles that contravene the parking restrictions, and vehicles may be removed (towed away) or immobilised (clamped) in certain cases, in the same way as on the public highway. The same rights of appeal to an adjudicator would also apply.
- The parking restrictions on the Lytton Housing Estate would continue to operate as follows:
 - the parking restrictions to operate Monday to Saturday 9am - 8.30pm;
 - every vehicle must be parked wholly within a marked parking bay (vehicles are not permitted to park in any other areas on the estate, including footways);
 - parking permits to be issued in accordance with on street parking permit charges as set by the Council in respect of motor vehicles that is to say a passenger vehicle or goods carrying vehicle the overall height of which does not exceed 2.28 metres.
 - only vehicles displaying a valid resident's parking permit or a valid contractor's parking permit or an activated Controlled Parking Zone E SMART Visitor permit would be permitted to park in a permit holders parking bay;
 - resident's parking permits and Controlled Parking Zone E SMART visitor's parking permits to be issued only to eligible residents of the Lytton Housing Estate;
 - resident's permits would only be issued to residents who can show that their vehicle is registered as kept at their home address on the Lytton Housing Estate;
 - A motorcycle, may be left in a parking bay free of charge, provided the use of that part of the parking place is not closed or reserved by order of the Council;
 - where a parking bay is indicated as being for the use of a disabled person's vehicle, only a vehicle displaying a disabled person's blue badge may be left in that parking bay.
- A copy of the proposed Orders, the Councils statement of reasons for proposing to make the Orders and documents giving more detailed particulars of the proposed Orders, can be inspected during normal office hours on Mondays to Fridays inclusive until the end of a period of 6 weeks beginning with the date on which the Orders are made, or as the case may be, the Council decides not to make the Orders.
- Any person wishing to object to the proposed Orders or make other representations should send a statement in writing to the following address: Transport and Highways Group, Highways and Engineering Division, Environment Department, Town Hall Extension, King Street, Hammersmith, W6 9JU until the expiration of 21 days from the date on which the notice is published.

Dated this 12th day of October 2016

Nicholas Ruxton-Boyle

Chief Transport Planner

Transport and Highways

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London Weekly News &

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Local Planning Applications London Borough of Hammersmith & Fulham

PLANNING (LISTED BUILDINGS AND CONSERVATION AREAS) ACT 1990
I give notice that applications have been made to the Council of the London Borough of Hammersmith & Fulham as follows:

FOR DEVELOPMENT WHICH MAY AFFECT THE CHARACTER OR APPEARANCE OF A CONSERVATION AREA

Bus Shelter West Of Brook Green Shepherd's Bush Road London
2016/03457/ADV

Display of a freestanding internally illuminated double sided led screen on the public highway measuring 2.37m (height) x 1.34m (width) x 0.35m (depth).

Avondale Mansions Rostrevor Road London SW6 5AH **2016/04314/FUL**
Erection of a rear roof extension in connection with the creation of 2 x one bedroom self-contained flats; installation of 6no rooflights in the front roofslope.

Thames Wharf Rainville Road London W6 9HA **2016/04418/FUL**
Temporary change of use of Ground and first floor of Blocks 1, part of ground floor and mezzanine of block 2 and ground floor of Block 3 to community use, artists studios (Class B1), to events, workshop, art gallery and education space (Class D1/D2), with an ancillary cafe and retail (Class A3)

11 New King's Road London SW6 4SB **2016/04333/FUL**

Replacement of all existing timber windows to all elevations with new uPVC double glazed windows; replace existing timber doors to front elevation at roof level and door to rear elevation at ground floor level with new uPVC double glazed doors.

4 Rosebank Holyport Road London SW6 6LF **2016/04342/FUL**

Replacement of all single glazed casement windows to front elevation with new double glazed casement windows; replace existing window and door to rear elevation at ground floor level with new double glazed casement doors; replace two casement windows in rear elevation at first and second floor levels with two larger double glazed windows; replace one casement window in rear elevation at first floor level and casement door at second floor level with new double glazed casement window and door.

43A Collingbourne Road London W12 0JG **2016/04185/FUL**

Erection of a rear roof extension; installation of three rooflights in the front roofslope; erection of a rear extension at second floor level, on top of part of the existing back addition; erection of glass screening around the flat roof at second floor level for use as a terrace in connection with the conversion of the first flat into one studio flat to the rear at first floor level and a two bedroom self-contained flat at front first floor and second floor levels.

6 Bamborough Gardens London W12 8QN **2016/04320/FUL**

Erection of a rear roof extension; installation of 3no. rooflights in the front roofslope; erection of a single storey rear extension to the side and rear of the existing back addition; and erection of a new black-painted steel gate and a new brick-built front boundary wall with black-painted steel railings on top and stone copings.

26 Bagley's Lane London SW6 2AR **2016/04322/FUL**

Relocation of the existing air conditioning unit on the flat roof at roof level.

Bus Shelter Outside
31 Goldhawk Road London **2016/04225/ADV**

Display of a freestanding double-sided internally illuminated digital screen on the public highway measuring 2.37m (height) x 1.34m (width) x 0.35m (depth).

Bus Shelter Outside 10 - 12 Goldhawk Road London **2016/04226/ADV**

Display of a freestanding double-sided internally illuminated digital screen on the public highway measuring 2.37m (height) x 1.34m (width) x 0.35m (depth).

The Queens Club Palliser Road London W14 9EQ **2016/04364/VAR**

Variation of wording of condition 2 of planning permission ref: 2013/02318/FUL granted 19th March 2014 to allow the air hall hereby permitted to be erected between the 1st October and 30th March each year, and only for a temporary 6 year period until 30th March of the sixth year after its first installation, on or before which date the use of the air hall shall cease and the structure and equipment used in connection with the use shall be permanently removed from the site.

38 Charleville Road London W14 9JH **2016/04369/FUL**

Erection of an additional floor at roof level.

27 Fabian Road London SW6 7TY **2016/04370/FUL**

Erection of a rear extension at second floor level over part of the existing back addition; installation of French doors and a Juliet balcony in the rear roofslope; installation of 3no rooflights to replace the existing rooflights in the front roofslope;

installation of 2no rooflights above the main flat roof at roof level; erection of a side infill extension and the replacement of existing window with new French doors and a Juliet balcony to the rear elevation at first floor level; erection of a single storey rear extension to the side of the existing back addition; installation of bi-folding doors to replace the existing doors at ground floor level to the rear elevation; excavation of the front and rear garden to form lightwells in connection with the enlargement of the existing basement.

32 Westcroft Square London W6 0TD **2016/04372/FUL**

Erection of a rear extension at second floor level, on top of the existing back addition; installation of a new window at first floor level to the rear elevation; alterations to the main roof to include the installation of a new sliding glazed access hatch, green roofing and the erection of glass balustrades around part of the main roof at roof level in connection with its use as a terrace.

208 Uxbridge Road London W12 7JD **2016/04375/FUL**

Retention of an ATM machine to the front elevation.

208 Uxbridge Road London W12 7JD **2016/04376/ADV**

Retention of internally illuminated ATM surround to the front elevation.

Post Office Former BBC Media Centre 201 Wood Lane London W12 7TQ **2016/04381/ADV**

Display of an internally illuminated fascia sign; display of an internally illuminate projecting sign.

35 Lysia Street London SW6 6NF **2016/04374/FUL**

Erection of a rear roof extension involving an increase in the ridge height by 250mm; erection of a rear extension at second floor level over part of the existing back addition; erection of a part one, part two storey rear extension at ground and first floor level; erection of a single storey rear extension to the side of the extended back addition; installation of 2no rooflights in the front roofslope; replacement of 1no window with a new window to the side of rear back addition at first floor level; conversion of the existing building into 2 x two bedroom self-contained flats.

37 Peterborough Road London SW6 3BT **2016/04404/FUL**

Erection of a front and rear roof extension involving an increase in the ridge height by 250mm; erection of a rear extension at second floor level, on top of the first floor back addition; erection of a rear side infill extension at first floor level; erection of a single storey rear extension, to the side and rear of the existing back addition.

5 - 6 Giddons Road London W14 9BH **2016/04186/FUL**

Installation of a new door and repositioning of existing window to rear elevation at lower ground floor level; installation of an additional dormer window to rear elevation at third floor level in connection with the increase in number of HMO units from 17 to 23.

60 Parsons Green Lane London **2016/03692/ADV**

Display of 1no. externally applied vinyl sign, 2no. internally illuminated suspended logo sign; 1no. internally illuminated projecting sign; 1no. non illuminated wall mounted panel.

18 Lysia Street London SW6 6NG **2016/04319/FUL**

Erection of a rear extension at first floor level, on top of the existing back addition; excavation under the footprint of the building to form front and rear lightwells in connection with the creation of a new basement.

Bus Shelter Outside Arthur Henderson House Fulham Road London SW6 4JU **2016/04411/ADV**

Display of a freestanding internally illuminated double sided led screen on the public highway measuring 2.37m (height) x 1.34m (width) x 0.25m (depth).

61 Marville Road London SW6 7BB **2016/04207/FUL**

Erection of a front and rear roof extension; erection of a rear extension at second floor level over part of the existing back addition; erection of single storey rear extensions, to the side and rear of the existing back addition; replacement of existing window with French doors and balustrade to rear elevation of back addition at first floor level.

92 And 94 Kenyon Street London SW6 6LB **2016/04244/FUL**

Erection of a rear extension at second floor level over part of the existing back addition and alterations to the existing rear roof extension with the replacement of a dormer window with French doors and a Juliet balcony to No.92 Kenyon Street; erection of single storey rear extensions to the side and rear of the existing back additions of both No.92 and No.94 Kenyon Street; and installation of metal railings to the existing front boundary wall of No.92 Kenyon Street.

Melville Court Goldhawk Road London W12 9NY **2016/03953/FUL**

Erection of an additional floor at roof level to use as a 1 x 2 bedroom self-contained residential unit.

Unit 4 Waldo Works Waldo Road London NW10 6AW **2016/04248/FUL**

Change of use from Light Industry (Class B1c) to Residential (Class C3); excavation of front garden and part of rear garden to form lightwells, in connection with the creation of the basement; erection of an additional floor at roof level in connection with the creation of 1 x 4 bedroom self-contained flat at basement and ground floor levels and 2 x 2 self-contained flats at first and second floor levels.

Flat Second Floor 4 Sinclair Gardens London W14 0AT **2016/03961/FUL**

Replacement of one timber sash windows to front elevation with a casement window and replace three sash windows to rear elevation with new timber sash windows.

Outside Fulham Cross Club And 320 Lillie Road London **2016/04385/FUL**

Installation of 4no. electrical charging points for vehicles and 1no. feeder pillar; formation of 4no. designated 'Electric Vehicles Only' parking bays.

67 Filmer Road London SW6 7JF **2016/04390/FUL**

Erection of a rear roof extension; installation of 2no rooflights into front roof slope; installation of new doors to replace the existing door and windows at ground floor level to the rear elevation.

51 Townmead Road London SW6 2SY **2016/04056/FUL**

Change of use of cafe (A3 use) to part cafe / part gymnasium (D2 use) at ground floor level and gymnasium at first floor level.

FOR CONSERVATION AREA CONSENT (DEMOLITION WORK) FOR LISTED BUILDING CONSENT FOR DEVELOPMENT WHICH MAY AFFECT THE SETTING OR CONTEXT OF A LISTED BUILDING
767 Fulham Road London SW6 5HA **2016/04222/FUL**

Erection of an additional floor at roof level and the erection of a rear extension at third floor level, on top of the existing back addition in connection with the creation of 1 x one bedroom self-contained flat.

67 Filmer Road London SW6 7JF **2016/04390/FUL**

Erection of a rear roof extension; installation of 2no rooflights into front roof slope; installation of new doors to replace the existing door and windows at ground floor level to the rear elevation.

Anyone who wishes to make representations about these applications should do so by 7th November 2016. See below for ways of commenting on applications.

THE TOWN AND COUNTRY PLANNING (DEVELOPMENT MANAGEMENT PROCEDURE) ORDER 2013 NOTICES UNDER REGULATION 13

Anyone who wishes to make representations about these applications should do so by **7th November 2016**. See below for ways of commenting on applications.

Signed: **NIGEL PALLACE**
Executive Director for Transport and Technical Services on behalf of HAMMERSMITH & FULHAM COUNCIL
You can view applications, make comments and monitor their progress on our website: www.lbhf.gov.uk/planning. Click on the 'Planning Online' logo on the Planning Home Page.

You can also E-mail comments to: plancomments@lbhf.gov.uk
You can also inspect details of applications using computers at our office

RECEPTION FIRST FLOOR HAMMERSMITH TOWN HALL EXTENSION KING STREET W6 between 9.00am and 5.00pm, Monday to Friday, excluding public holidays.

If you want to make comments on applications please E-mail them through our website or post them to

DEVELOPMENT MANAGEMENT SERVICE ENVIRONMENT SERVICES DEPARTMENT TOWN HALL KING STREET W6 9JU by the date shown above. Please include the application reference number and the name of the planning officer. We will try to consider any representations received after the date indicated but this cannot be guaranteed so please reply promptly. For initial enquiries call our information and reception service on **020 8753 1081 or 020 8753 1082**.

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Send us your comments about planning applications via our website: www.lbhf.gov.uk/planning

Hammersmith & Fulham Council

Transport for London Notice

ROAD TRAFFIC REGULATION ACT 1984

THE A41 GLA ROAD (FINCHLEY ROAD, LONDON BOROUGH OF CAMDEN AND CITY OF WESTMINSTER)(TEMPORARY PROHIBITION OF TRAFFIC) ORDER 2016

- Transport for London hereby gives notice that it has made the above named Traffic Order under section 14(1) of the Road Traffic Regulation Act 1984 for the purpose specified in paragraph 2. The effect of the Order is summarised in paragraph 3.
- The purpose of the Order is for footway and cycle grid works to take place on A41 Finchley Road.
- The effect of the Order will be to prohibit any vehicle from:
 - entering or exiting Boundary Road at its junction with A41 Finchley Road, local access maintained;
 - entering or exiting Finchley Place at its junction with A41 Finchley Road;
 - entering or exiting Queen's Terrace at its junction with A41 Finchley Road;
 - turning right into Queen's Grove from A41 Finchley Road.

- The Order will be effective at certain times from 12:01AM on the 31st October 2016 until 11:59 PM on the 31st January 2017 or when the works have been completed whichever is the sooner. The prohibition will apply only during such times and to such extent as shall from time to time be indicated by traffic signs.
- The prohibitions will not apply in respect of:
 - any vehicle being used for the purposes of those works or for fire brigade, ambulance or police purposes;
 - anything done with the permission or at the direction of a police constable in uniform or a person authorised by Transport for London.
 - At such times as the prohibition is in force an alternative route will be indicated by traffic signs via: **(for vehicles wishing to enter Boundary Road east bound) ; (for vehicles wishing to enter Boundary Road west bound)** Finchley Road, Hilgrove Road, Loudoun Road, Boundary Road to normal route of travel; **(for vehicles wishing to enter Finchley Road via Boundary Road)** Marlborough Hill, Marlborough Place, Finchley Road to normal route of travel; **(for vehicles wishing to enter Finchley Place from Finchley Road)** Marlborough Place, Abbey Road, Grove End Road, Waverley Place, Finchley Place; **(For vehicles wishing to enter Queens Terrace from Finchley Road)** Queen's Grove, Queen's Terrace to normal route or Grove End Road, Loudoun Road, Marlborough Place, Queen's Grove, Queen's Terrace to normal route of travel; **(For vehicles wishing to turn right into Queens Grove from Finchley Road)** Acacia Road, Ordinance Hill, Queen's Terrace onto normal route of travel.

Dated this 18th day of October 2016

Mufu Durowoju
Network Impact Management Team - Manager,
Road Space Management-Operations,
Transport for London, Palestra, 197 Blackfriars Road, London, SE1 8NJ

MAYOR OF LONDON



TRANSPORT
FOR LONDON

Transport for London Notice

ROAD TRAFFIC REGULATION ACT 1984

THE GLA ROAD (GREAT CUMBERLAND PLACE, CITY OF WESTMINSTER) (TEMPORARY PROHIBITION OF TRAFFIC) ORDER 2016

- Transport for London hereby gives notice that it intends to make the above named Traffic Order under section 14(1) of the Road Traffic Regulation Act 1984 for the purpose specified in paragraph 2. The effect of the Order is summarised in paragraph 3.
 - The purpose of the Order is to enable junction modernisation works to take place on Marble Arch at the junction of Great Cumberland Place.
 - The effect of the Order will be to prohibit any vehicle from entering, exiting or proceeding on Great Cumberland Place between the junctions of Marble Arch and Bryanston Street (local access only between Upper Berkley Street and Bryanston Street).
- The Order will be effective at certain times from 9:00 PM on the 4th November 2016 until 5:00 AM on the 19th December 2016 or when the works have been completed, whichever is the sooner. The prohibition will apply only during such times and to such extent as shall from time to time be indicated by traffic signs.
- The prohibitions will not apply in respect of:
 - any vehicle being used for the purposes of those works or for fire brigade, ambulance or police purposes;
 - anything done with the permission or at the direction of a police constable in uniform or a person authorised by Transport for London.
 - At such times as the prohibition is in force an alternative route will be indicated by traffic signs

[For vehicles wishing to travel south along Great Cumberland Place] Upper Berkley Street, Edgware Road onto normal route of travel
[For vehicles wishing to enter Great Cumberland Place from Marble Arch] Oxford Street, Portman Street, Upper Berkley Street onto normal route of travel

Dated this 18th day of October 2016

Mufu Durowoju
Network Impact Management Team Manager, Road Space Management - Operations
Transport for London

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LONDON WEEKLY NEWS

sport

Kids coached by ex-England boss



Kensington Dragons' under-14 A side with ex-England boss Fabio Capello

FORMER England manager Fabio Capello was recently back in West London – to pass on his wealth of experience to Kensington Dragons.

The Dragons' under-14 A side had the pleasure of a surprise visit from and private coaching session with Capello at Linford Christie Stadium, their home ground.

Team manager Bryan Reeves said: "One of our boys' parents won an auction through work and the prize was for Capello to conduct a one-hour free session with a ju-

nior team. He gave our teams some useful tips on one-to-one play, passing and penalty-taking.

"They were over the moon at the chance to learn new skills from him and I think it will make quite a difference to their performance.

"It's all about confidence and they gained a lot from the experience."

Capello, 70, has also managed AC Milan, Real Madrid, Roma, Juventus and the Russia national team.

Whatever you think of his five-year spell in England, he possesses one of the most impressive CVs in world football management.

He won four Serie A titles and the Champions League with Milan, collected the La Liga championship in his first season at Real Madrid, then led Roma to their first scudetto in 18 years and claimed two more Italian league titles with Juve before returning to the Bernabeu to secure a second Spanish crown.

Morgan comes back as captain for India tour

DESPITE shunning England's current tour of Bangladesh, Eoin Morgan, pictured, will be back to lead the one-day and T20 sides on their tour of India in the new year.

The Middlesex star, 30, and opening batsman Alex Hales declined to travel to Bangladesh in the wake of security concerns, a stance that attracted criticism from several high-profile media pundits including former England captains Michael Vaughan and Nasser Hussain.

Jos Buttler led England to a 2-1 ODI series win in Morgan's absence. But England assistant coach Paul Farbrace said: "Morgan will definitely be captain in India. There can't be any way around it."

Earlier this summer they beat Sri Lanka and Pakistan in their ODI series, having also reached the final of the World Twenty20.

"He has definitely been the leader and allowed so many guys to play that way," said Farbrace. "Morgan deserves it. His team is continually improving."



Meanwhile, Surrey vice-captain Rory Burns, wicket-keeper Ben Foakes and all-rounder Sam Curran have signed new three-year contracts with their county side.

Burns, 26, was named players' player of the year last season and scored more than 1,000 Championship runs.

Foakes, 23, averaged more than 40 with the bat and will tour during the first part of England Lions' winter programme.

Curran has already played 16 first-class matches for Surrey at the age of 18 and is also part of the Lions' tour.

No place like home

Rangers' miserable form at Loftus Road continues with draw

QUEENS Park Rangers' miserable home form continues as Reading held them to a 1-1 draw on Saturday.

Rangers, who backed manager Jimmy Floyd Hasselbaink on Friday following a corruption investigation by *The Daily Telegraph*, have failed to win at Loftus Road since the opening day of the season.

Under Hasselbaink, Rangers have won just seven of 20 home league games and now drawn 17 of their 39 Championship matches since the Dutchman was appointed last December.

Only their sixth goal in half-a-dozen home league matches came courtesy of Polish winger Pawel Wszolek, who netted his first for the club in the 14th minute with a close-range left-foot volley at the School End after controlling on his chest Olamide Shodipo's diagonal chip.

But Rangers' winless home run, stretching back five games, continued when Danny Williams wandered free at the far post to bang in a side-foot volley on 21 minutes to earn Reading a deserved point.

Rangers ended the game with three strikers on the pitch, instead of the one Hasselbaink favours, but the all-important third goal of the game evaded both sides. Sebastian Polter missed a clear headed chance but QPR created little and Alex Smithies was much the busier of the two keepers in the second half.



Aussie international Massimo Luongo is expected to feature against Bristol City tonight after returning from his international travels

"We played with three strikers at the end but we just couldn't create the chances," Hasselbaink said, deflecting criticism that his basic approach to games is uninspiring and too defensive.

"It was always going to be a game of very few chances and that's the way it transpired.

"We started ever so well for the first 15 minutes. We deserved the goal when it came. But we stopped doing the right things just when we needed to try to look for a second.

"Their equaliser came at a time when I wanted us to really push on – and that's what's frustrating.

"I couldn't fault the players'

efforts. They gave me everything. But the draw is frustrating. We are drawing a lot at home and that's something we need to improve. At times we should be a little bit cuter.

"We wanted to build on Fulham and get the win we all wanted. We are disappointed that we couldn't get all three points."

Highlight of the day was the return of former heroes led by Stan Bowles.

Fans in Shepherd's Bush are continuing to vote with their feet. Only 15,000 bothered to turn out despite the team's rare, though fortunate, victory at Fulham in the previous game.

QPR, who have won just once in seven matches, must try again to give their home fans something to cheer tonight, when Bristol City visit W12.

Midfielder Massimo Luongo is likely to return after being rested for last Saturday's game following long-haul trips to Australia and Saudi Arabia on World Cup duty for the Aussies.

On Saturday, Rangers get back on the road with a trip to Sheffield Wednesday, where they will be seeking their fourth victory in seven away matches – a record bettered only by Newcastle United and Fulham. It really is no place like home.

Meanwhile, Rangers have said they fully back Hasselbaink after completing their investigation into claims made by *The Daily Telegraph*.

Hasselbaink, 44, was filmed as part of an investigation alleging corruption in football, apparently negotiating a fee to travel to Singapore to speak to a fake Far East firm. He was also alleged to discuss possibly signing players from them.

The QPR hierarchy said a lack of evidence from the newspaper ended their investigation.

"The club contacted and communicated with all the major parties involved, including *The Telegraph*, who failed to provide the club with the information previously requested," said a statement on the club website, qpr.co.uk.

"Despite a number of requests from both the club and Jimmy Floyd Hasselbaink's legal team for the information relating to the inferences made on September 28, including video footage and a full transcript of the discussions that took place, nothing has been forthcoming.

"As a result, and in the absence of any further evidence, the board fully back Jimmy and his explanations relating to these inferences.

"Jimmy openly admitted he was naive and, as such, has been reminded of his roles and responsibilities as manager of Queens Park Rangers.

"He remains fully focused on his job, and he does so with the board's unanimous support."

Hasselbaink had always denied any accusations of wrongdoing.

BETTIN& BANTER

MANCHESTER United's visit to Stamford Bridge on Sunday afternoon (Sky Sports 1, 4pm) will generate millions in betting stakes – but will Jose Mourinho enjoy a happy homecoming?

It's a very tricky one to call, with all three outcomes plausible. The bookies rate Mourinho's United 5/2 to leave SW6 with all three league points and quote the same price for the draw. But my money will be on Blues, who look a decent 5/4 odds-against shot to continue their winning run in front of a raucous crowd.

If you like to bet on goals, Chelsea have notched in every home match this season under Antonio Conte, while only one of Blues' eight PL matches has not featured at least three goals in total.

Verdict: More than 2.5 goals and Chelsea win 2-1.

If Fulham fans fancy their boys to follow up their win at Barnsley with another away success, they are a best-priced 31/10 to do the business at Aston Villa (Saturday, 3pm). New Villa boss Steve Bruce has bemoaned his players' lack of fitness – and the stat that they have drawn their last five in the league at home suggests Whites should travel to the West Midlands with confidence.

Verdict: 1-1.

It's hard to feel the same enthusiasm for a punt at 16/5 on Queens Park Rangers winning at Sheffield Wednesday (Saturday, 3pm), who triumphed at early leaders Huddersfield Town last weekend.

Goal backers should be encouraged by the fact that Rangers have scored in all six away league matches, having conceded in all of their last seven outings. Wednesday have hit the net in all of their last eight but have let in at least one goal in each of their last five at Hillsborough.

Verdict: 2-1.

Good luck and remember to bet responsibly.

Tony McDonald

Ladies need two points

CHELSEA Ladies need just two points from their two remaining WSL fixtures to finish second to Manchester City in the league and qualify once again for next season's Women's Champions League.

They were knocked out of Europe last week after securing a creditable 1-1 second-leg draw in Germany against Wolfsburg thanks to a Eniola Aluko strike. But the 3-0 first-leg defeat a week earlier was their undoing.

They face Reading at home on October 30 before finishing their season away to Notts County on November 6.

● CHELSEA'S development squad drew 0-0 against Leicester City at Aldershot on Friday.

They are in action tonight against Exeter City's first team at St James Park in the Checkatrade Trophy.

Jody Morris' under-18s overcame a stubborn Reading side 2-0 on Saturday in the U18 Premier League south section with goal apiece from Tariq Uwakwe and Charlie Brown.

They face Tottenham Hotspur away at the weekend.

London Weekly News

SPORT

Tuesday October 18 2016

● SPORTS DESK: 07711 169 427



Jose Mourinho returns to SW6 on Sunday with his new-look Manchester United team. Right: David Luiz, one of Blues' revamped back three, was unlucky to see his free-kick hit a post in Saturday's home win against Leicester. Pics: Rob Newell/Digital South



Mourinho will test Blues

Jose in emotional return with Man United



This week at STAMFORD BRIDGE

By Paul Lagan

JOSE Mourinho is ready to put a brake on Chelsea's recent Premier League revival as the most successful manager in the club's history makes an emotional return on Sunday with his new outfit Manchester United. In two spells at Stamford Bridge, Mourinho won three Premier League titles, three League Cups and the FA Cup.

Blues have won back-to-back league matches without conceding a goal. They followed their 2-0 victory at Hull City by overcoming a poor Leicester City side 3-0 in SW6 on Saturday, with Diego Costa, Eden Hazard and Victor Moses on target.

Those results follow horrendous performances and defeats against title-chasers Liverpool and Arsenal – United are in that category, unlike Hull or Leicester. So meeting United will be a truer test of head coach Antonio Conte's developing philosophy.

Playing three at the back with a couple of wing-backs is not rocket science or revolutionary, yet it's been lauded as the single reason for Chelsea's revival in form.

However, Conte is unsure what formation he will employ against United.

"I see that we have the possibility to play in two different solutions and we have another week to work and improve in this type of system," he said.

Asked if the new system will be used against Mourinho's men, he said: "I don't know. We have one week to study our opponent and to find the right solution to put them in a difficult situation."

Given the fact he will be giving his players a couple of days off from training, the Italian doesn't have too much time to decide.

Conte conceded that Blues have to play well whatever the formation.

"It's very important, the next game," he said. "We play against a strong team (United) but also on Saturday we played Leicester who are a strong team. We don't forget that Leicester won the title last season. But in the next game, after defeats against Arsenal and Liverpool, it's important in this game because we need to give a different answer."

Conte understands Mourinho's history with Chelsea and appears, publicly at least, fairly indifferent towards his return. "I think Jose Mourinho stayed here for many years and won a lot with this club and it's right that he is to have a great reception," he said.

But will he play any of the youngsters who were on show on the weekend? Ruben Loftus-Cheek, Nathaniel Chalobah and Ola Aina all had a few minutes on the pitch, and Dominic Solanke returned from injury and warmed the bench for the whole game.

On Chalobah and the rest, Conte said: "Chalobah deserved to play and the people know I do not give to anyone. They must deserve to play with me. It's important to understand this."

"When I called Chalobah he always answered me in a positive way."

Willian and Oscar missed the Leicester game on compassionate grounds – and if they return on Sunday, it will be an even more difficult squad-selection decision for Conte to make.

"The young players must deserve to play in the first team," he said.

"If they deserve it and are ready, I know we have a fantastic academy and I know that behind Chalobah, Loftus, Aina and Solanke we have other young

players. We must continue to work and build the present and the future.

"It's important to have the whole squad available and to have the possibility to choose. It's not important the age, it's important for me to see the player do what I want."

"These young players work every day with us. Against Leicester there was the possibility for someone to start. In the future this can happen."

At the other end of the age spectrum is John Terry, who was fit and ready to play at the weekend following injury but was dumped on the bench.

Will Conte bring back his 35-year-old skipper for the return of Mourinho?

Conte was typically non-committal: "JT for me, for the club, for the team – he is always an important player and if he plays, if he doesn't play, I repeat he is very important, because his work rate, his attitude every day in training is fantastic. I want this, and I am very happy to have him in my squad."

One player hoping to take advantage of Conte's three-at-the-back system is Spanish wing-back Marcos Alonso.

The 25-year-old cost Blues almost £24 million in the summer from Italian side Fiorentina, having experienced English football before at Bolton Wanderers and Sunderland.

Of the win over Leicester, the Madrid-born defender, who was on the books of Real Madrid, said: "We started the game very well and that was important for the rest of the game to win the three points. We are playing well, not conceding goals, so I think everyone is very happy. So this is the way we have to keep going."

Alonso doesn't think the defensive system employed by Conte is that important.

"It is more how you approach the game than the system," he said.

"We could have won both of these

last two games playing with four at the back. I think it's just about concentration."

"For example, in the League Cup game at Leicester, we did not start very well, especially with our concentration, it was not 100 per cent. And when we conceded the goal it was hard to come back." (Chelsea went on to win 4-2 after extra-time.)

Of Conte's tactics, Alonso said: "The team is working on new things, it's never easy to get, it always takes time. But we are very happy with the last couple of games."

He loves English football. "It's still the best league in the world," he said. "Even from inside the pitch you can see how the fans are enjoying it. The games are open, maybe that's the difference between the Premier League and the rest of the leagues. You always play for attack or defend, with open games. That's why it's great for the fans."

And what can fans expect from Conte's Blues?

"We need to take it game by game," he said. "Now we have a very important game coming up against Man United at home."

"I think we just have to get the three points. That's the only thing we have to get in our minds."

And of the Mourinho effect on the stadium and match, Alonso said: "It's going to be a great game for sure, with two great teams."

"But we play at home, so we are going to have to give more than them to get the three points."

"For us it's an important three points and we won't be thinking about it (Mourinho)."

"I trained a couple of times with him in pre-season (when both were at Real Madrid), I had an injury and left early. When he came, I left."

Cottagers seek home comfort

Focus on Craven Cottage

BOOSTED by Saturday's 4-2 victory at Barnsley, Fulham go into tonight's home clash with Championship leaders Norwich City hoping to replicate their impressive away form at Craven Cottage.

Whites have not won in SW6 since the opening day of the season, when they stunned Norwich's nearest challengers Newcastle United 1-0.

Since then they have been held to two draws and suffered three consecutive defeats in front of their own fans. It's the worst home record in the second tier.

But it's a different story away from West London, with Fulham unbeaten in the league after six games on the road – their best start to a season since 2000-01.

Whites twice came from behind to record their first win at Barnsley since August 1970.

On Saturday, home strikers Marley Watkins and Sam Winnall beat the offside trap to put Barnsley two up but Lucas Piazon's left-foot drive from 10 yards into the far top corner and Sone Aluko's calm side-foot finish from penalty-spot range ensured Fulham were level at the interval.

Adventurous left-back Scott Malone put the visitors in front after the restart with a long-range angled chip which embarrassed Barnsley keeper Adam Davies. And then Malone crossed perfectly for Chris Martin to head the fourth, from six yards out.

Having gone 20 matches in all competitions without scoring, loanee Martin was relieved to finally get off the mark in a white shirt.

Barnsley's Josh Scowen was shown a straight red card for a rash midfield tackle on Scott Parker in the 67th minute.

Fulham moved up to 10th in the table, three points off the play-off places, thanks to their first league win since August 27. The four goals they scored at Oakwell is as many as they had mustered from seven previous Championship matches.

Head coach Slavisa Jokanovic was very happy with the fight and passion from his side on their return from the enforced two-week international break.

He said: "After a very bad September, to start back after the international (break) with a victory is very important for us. We found a way to score the goals. We made some mistakes during the game and we are still a better team with the ball than without it, so we need to stick together and try to be more solid."

"The last game we shot 25 times and missed two penalties but today we tried to find the luck and we did."

"The new test for us is going to be on Tuesday. We have to try to improve ourselves and offer a better face again."

"We are finding trouble at home. For some reason we play under pressure and we are not comfortable with the ball like we are away from Craven Cottage. To be fighting for more important things we need to improve at home. If the opposite teams score we drop and we need to find the power at home."

On Saturday, Whites visit struggling Aston Villa.

Tony McDonald